



**2017 TIDEWATER STRIDERS DISTANCE SERIES
at DISMAL SWAMP CANAL TRAIL AND FT MONROE*
JAN 7th — *JAN 28th — FEB 18th**



Tune-up for the Shamrock Marathon
10-Mile—15-Mile—20-Mile
Tune-up for the Shamrock Half-Marathon
6-Mile—10-Mile—12-Mile

A Tidewater Striders Club Event

@Grand Prix Races — TBA

10 Mile & 6 Mile Saturday, January 7, 2017 9:00 AM At Dismal Swamp Trail
15 Mile & 10 Mile Saturday, January 28, 2017 9:00 AM At Ft Monroe#
20 Mile & 12 Mile Saturday, February 18, 2017 9:00 AM At Dismal Swamp Trail

Registration: Pre-registration is required to ensure entry — onsite registration not available and online entry at Registration URL: <https://www.raceit.com/Register/?event=39095> is strongly encouraged. Packet pick-up will be held at Running Etc, Virginia Beach Laskin Rd from 5:00PM to 7:00 PM on the Fridays before each series date. Registration will be available on Fridays at packet pick-up but not on race day.

		<u>By Dec 10th</u>	<u>Dec 11th & After</u>
	Strider Members	\$20	\$25
	Non-Strider Members	\$25	\$30
All 3 Races	Strider Members / Non-Striders	\$50 / \$65	\$70 / \$80

Race Courses: **First & third** races begin and finish at the entrance to the Dismal Swamp Canal Trail, Chesapeake, VA 23323 and will be an out & back. Start will be a chip start and all runners will start 9:00am. # **Second race (Jan 28th)** will be at Ft Monroe will be two or three 5-mile loops around the fort's waterfronts.

Directions: Dismal Swamp Canal Trail: Intersection of 1600 George Washington Hwy S and Dominion Blvd. & Old Rt-17, Chesapeake, VA 23323 just off Rt 17
Ft Monroe is located in Hampton at 490 Fenwick Dr., Ft Monroe, VA & is an open (non-military) venue

Packet Pick-up & Late Registration at Running Etc. VB from 5:00PM to 7:00PM on the Fridays before each race

Awards: Runners who **complete three** of the distance event races receive discounted registration & will receive a special premium. While there are no formal awards, finish places in the results are based on cumulative times for the 3 events. Age divisions are the same for the Strider Grand Prix competition. **Swag provided with all races**

Grand Prix New 2017 Grand Prix jointly produced by J&A and the Striders will be announced in December Some of these races will be included. The Ft Monroe races are included in the 2017 Super Grand Prix by the Striders, PTC and CRR. Watch for updated flyers on the Strider website.

Inclement Weather: The Race Director and the Tidewater Striders reserve the right to cancel or reschedule or adjust distances as needed in the interest of safety or access restrictions to the venue. No refunds can be given in the event of either re-scheduling or cancellation.

Race Directors: Steve Shapiro, 757-727-6246 Dan Edwards, lionrun@aol.com 757-495-3551

Additional Information: Additional information may be obtained by visiting the Tidewater Striders on

www.TidewaterStriders.com

Post-race Socials: Following each of the races, all runners and volunteers are invited to a post-race social for food and beverages at Big Woody's, Battlefield Blvd, Chesapeake on Jan 7th & Feb. 18th. Ft Monroe party on Jan. 28th will be at Paradise Ocean Club.

**Thanks: to the City of Chesapeake & their Parks & Rec Staff
and the City of Hampton, National Park Service & Ft Monroe Authority.**

Registration available online: <https://www.raceit.com/Register/?event=39095> or by mail with \$3 add'l processing fee) using this form below.

2017 TIDEWATER STRIDERS DISTANCE SERIES ENTRY FORM & WAIVER

Online registration encouraged. Paper entries, add \$3.00 processing fee & make checks payable to : **Tidewater Striders & Mail to: Tidewater Striders, 1585 Lake James Dr., Virginia Beach, VA 23464-6750**
Please be sure that your entry form is complete and the waiver is signed. Incomplete entry forms can not be processed.

If you are a walker, please check this box:

Series Premium:
Free Race Pass users—Check here and enclose \$10.00 with registration for 1st race to receive series premium.
NOTE:
Golden Runners can register online & must pre-register prior to packet pick up or race day.

Name (First—Last)

Age Gender M F Strider Y N Phone Number Golden Runner #

Email Address {Required} CKA

City State Zip Code

Runners desiring to change races on any date may do so by informing the Timer at least 15 minutes before the start.

RACES / FEES—Check desired race(s) & circle appropriate fees

Check all that apply	Race Distance & Date	Strider Member	Non-Strider	Golden Runner
<input type="checkbox"/> At Dismal Swamp	10-Mile (1-7-2017)	\$20 by 12/10 then \$25	\$25 by 12/10 then \$30	\$0
<input type="checkbox"/> At Dismal Swamp	6-Mile (1-7-2017)	\$20 by 12/10 then \$25	\$25 by 12/10 then \$30	\$0
<input type="checkbox"/> At Ft Monroe	15-Mile (1-28-2017)	\$20 by 12/10 then \$25	\$25 by 12/10 then \$30	\$0
<input type="checkbox"/> At Ft Monroe	10-Mile (1-28-2017)	\$20 by 12/10 then \$25	\$25 by 12/10 then \$30	\$0
<input type="checkbox"/> At Dismal Swamp	20-Mile (2-18-2017)	\$20 by 12/10 then \$25	\$25 by 12/10 then \$30	\$0
<input type="checkbox"/> At Dismal Swamp	12-Mile (2-18-2017)	\$20 by 12/10 then \$25	\$25 by 12/10 then \$30	\$0
<input type="checkbox"/> All Three	10-15-20 Miles 1-7, 1-28, 2-18, 2017	\$50 by 12/10 then \$70	\$65 by 12/10 then \$80	\$0
<input type="checkbox"/> All Three	6-10-12 Miles 1-7, 1-28, 2-18, 2017	\$50 by 12/10 then \$70	\$65 by 12/10 then \$80	\$0

TOTAL FEES ENCLOSED {\$3 transaction fees apply to all paper entries}

I understand that running a road race is a potentially hazardous activity. I should not enter the run unless I am medically able and properly trained. I agree to abide by any decision of a race official to my ability to safely compete the run. I assume all risks associated with running in the event including, but not limited to; falls, contact with other participants, the effects of the weather including heat, cold, humidity, traffic, conditions of the roads or trails, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tidewater Striders, the City of Chesapeake, City of Hampton, Fort Monroe Authority, National Park Service, US Army, RRCA, race officials, volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event. I grant permission to all of the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. This road race is conducted under the rules of USATF. I understand that skate boards, baby joggers, roller blades, and dogs on leashes are not allowed in this race.

Signature _____ Date _____
(Parent's signature if under 18) _____ Date _____

**APPLICATIONS WITHOUT SIGNED
WAIVERS CAN NOT BE PROCESSED**