

**SEASHORE NATURE TRAIL 50K AT FIRST LANDING STATE PARK  
9TH ANNUAL -- SATURDAY, DECEMBER 16, 2017 - RACE STARTS AT 8:30 AM**



**2017 State RRCA Ultra-Distance Championship Race**

**RACE INFORMATION:** Contact the race director, Stacin Martin ([stacin.martin@gmail.com](mailto:stacin.martin@gmail.com) or 757-839-7711). Go to <http://tidewaterstriders.com/seashore50K/>.

**NO TRANSFERS, DEFFERALS, OR REFUNDS**

**ENTRY FEE:** \$80 before October 1; \$100 from October 1 to December 15. Entry fee for Tidewater Striders members who have a Golden Runner membership is \$40 before October 1, and \$60 from October 1 to December 15. Eighteen (18) is the minimum age to enter.

**LIMITED NUMBER OF PARTICIPANTS:** The race field is limited to a total 300 registered runners.

**REGISTRATION:** Online registration, go to [www.raceit.com](http://www.raceit.com). If the race is not filled, runners may register at packet pick up Friday, December 15. **NO RACE DAY REGISTRATION.** The race has sold out the previous five years.

**COURSE:** This 50K (31.1 miles) race is run on the trails of First Landing State Park in Virginia Beach, with less than 1.5 miles on a paved road. The two-loop course is lined with trees and follows dirt trails through a variety of ecosystems. The main trail is mostly flat, while side trails are slightly hilly with some tree roots to negotiate in certain sections. Wooden bridges are also found on several trails.

**FLUIDS AND FOOD:** Various fluids and snack-type foods will be provided both prior to and after the race. Two aid stations on the course, each passed multiple times, will provide fluids, sports drinks, and carbohydrate/protein snacks.

**TIME LIMITS:** The race starts at 8:30 AM with a time limit of 8 hours for official finish. Runners must reach Aid Station 6 (22 miles) by 2 PM and Aid Station 7 (25 miles) by 2:45 PM. These cutoffs are strictly enforced. No official finish will be given if runners do not exit these Aid Stations by these times.

**HOST HOTEL:** Virginia Beach Resort Hotel and Conference Center is the host hotel. A discount room rate is available to participants. When booking a room mention Tidewater Striders and Seashore 50K to get that rate. <http://www.virginiabeachresort.com/>.

**DIRECTIONS TO RACE START:** From I-64, take Northampton Boulevard (Route 13) to the Shore Drive exit; turn right and continue on Shore Drive and continue as it turns into Atlantic Ave. Turn right on 64<sup>th</sup> Street and continue into the park and to the end of 64<sup>th</sup> Street at the Narrows boat ramp area.

**PACKET PICK-UP:** To avoid the race day rush, please pick up your race packet on Friday, December 15 at the Host Hotel between 4:30 and 7:00 PM. Alternatively, you may pick up your race packet on race day morning at First Landing State Park beginning at 7:30 AM.

**AWARDS:** All official finishers will receive an award. The following overall and age group awards will be presented: (1) First three *overall* male and female finishers; (2) First three *submasters* (age 30-39) male and female finishers; (3) First three *masters* (age 40 and above) male and female finishers; (4) First three *senior masters* (age 50-59) male and female finishers; (5) First three *grand masters* (age 60 and above) male and female. Overall place winners are ineligible for submasters, masters and senior awards; masters place winners are ineligible for senior awards. **FIVE TIME finishers will receive a special award.**

**AMENITIES:** All entrants will receive a premium long sleeve technical shirt. Please note your size (unisex) on the registration form. Sizes are not guaranteed for registration after November 1.

**INCLEMENT WEATHER OR NATIONAL SECURITY:** The Race Director and the Tidewater Striders reserve the right to modify or cancel events as needed in the interest of safety or access restrictions to the venue. No refunds can be given in the event of modification or cancellation.

**Many Thanks to the professionals at First Landing State Park for the use of their beautiful trails for our 50K race.**