

TUESDAY NIGHTS IN JULY: 2017 SUMMER SERIES at the Garden

A Tidewater Striders fun run event



LOCATION: Norfolk Botanical Garden, 6700 Azalea Garden Road (near the Norfolk Airport)

REGISTRATION: **Sign up online!** <http://bit.ly/2p9Z3ti> (separate registration for Memorial 5k). Registration opens at 5:30 pm. Free to all Tidewater Striders members, \$10 for non-members. Striders memberships are available online at: www.tidewaterstriders.com and on race day at the Gardens for runners who wish to join the Tidewater Striders running club and **run for free**. *Please note: There is a fee of \$3 per person to enter the Norfolk Botanical Garden.*

FUN RUN TIMES: All events will start at 6:45 pm (the Countdown event clock will start at 6:30 pm). The Event Director reserves the right to shorten, postpone, or cancel the event due to lighting, storms, Garden conditions, or extreme heat (it is hot and humid in July, so please exercise caution and remember that these are fun runs).

JULY 11: Hoka Countdown 4, 2, & 1 Mile

The race clock will start at 75 minutes (6:30 pm) and begin counting down. You pick when you want to start with the goal of crossing the finish line when the clock strikes zero. Everyone should finish together!

JULY 18: New Balance 1-Mile Random Relay

Three-person teams for the run and two-person teams for the walk. No need to worry about organizing a team (we will pick your new friends for you).

JULY 25: Saucony Poker Run 2 to 3 miles

Receive a card at registration and along the course. Best hands win. NO TRADING CARDS.

AUGUST 1: Memorial 5K

Come out and support the Memorial Scholarship Endowment Fund with a minimum \$20 donation. The post-race party will include a DJ, food, beverages, and random prizes. A separate entry form is required (Memorial 5K race flyer). You can pre-register for the Memorial 5k and are encouraged to do so. Look for the race flyer in the *Rundown* and on the Striders' website.

AWARDS: Random prizes and gift certificates from Running Etc. will be given at each event to registered runners and volunteers.



REFRESHMENTS: Food and liquid refreshments will be provided for **registered runners who complete the events and race volunteers**.

**volunteers
needed!**

For more information, contact Summer Series Co-Directors:
Jean Phelan, (757) 681-0248 and Virginia Davis, (757) 270-9312

www.TidewaterStriders.com