

TIDEWATER STRIDERS RACE SCHEDULE 1983-1984

- Mar. 26, 1983 Sat. Virginia Beach, VA - Rec. Ctr. 10K, 5K, 1M
 27, 1983 Sun. Norfolk, VA - Stitches/JCCT 5K
 April 2, 1983 Sat. Franklin, VA - 3rd Annual Bronco Stampede - 10M, 2M, 1M
 3, 1983 Sun. Virginia Beach, VA - Lions Journey for Sight 5K
 9, 1983 Sat. Norfolk, VA - Run for the Children 10K, 5K, 1 Mile
 16, 1983 Sat. Norfolk, VA - Azalea Festival 8K
 17, 1983 Sun. Edenton, NC - 5th Annual Edenton Herring Runs - 10K, 5K, 1M
 23, 1983 Sat. Hampton, VA - Old Hampton 10 Miler
 24, 1983 Sun. Norfolk, VA - Library 5K
 30, 1983 Sat. Norfolk, VA - Taylor Elementary Book Run 5K
 May 1, 1983 Sun. Chesapeake, VA - Tidewater Ultramarathon Classic 100K, 50K, 50K Relay
 7, 1983 Sat. Norfolk, VA - Elizabeth River Run 10K
 13, 1983 Fri. Norfolk, VA - Blairfoot 5K
 14, 1983 Sat. Portsmouth, VA - Health Run 5K
 21, 1983 Sat. Virginia Beach, VA - Armed Forces Day 5K
 21, 1983 Sat. Newport News, VA - The Run for the Arts 10K
 June 3, 1983 Fri. Norfolk, VA - Ghent 5K
 4, 1983 Sat. Manteo, NC - Dare Days 8K
 11, 1983 Sat. Norfolk, VA - Harborfest 10K
 18, 1983 Sat. Virginia Beach, VA - St. Jude's 5K
 25, 1983 Sat. Virginia Beach, VA - Mary Kay 5K
 July 23, 1983 Sat. Norfolk, VA - Women's Distance Festival 5K - open men/women
 6, 1983 Sat. Norfolk, VA - VABA 5K
 20, 1983 Sat. Portsmouth, VA - Portsmouth City Park 5K
 Sept. 3, 1983 Sat. Virginia Beach, VA - 5th Annual Lite Beer Couples 5K
 10, 1983 Sat. Virginia Beach, VA - The Tidewater 10K
 17, 1983 Sat. Hampton, VA - Bay Days 10K
 24, 1983 Sat. Virginia Beach, VA - Health Fair 5K
 30, 1983 Fri. Norfolk, VA - Run At Twilight 5K
 Oct. 1, 1983 Sun. Virginia Beach, VA - Neptune Festival 8K
 8, 1983 Sat. Hampton, VA - Phoebus Day Run on the Fort 10K
 9, 1983 Sun. Suffolk, VA - Suffolk Harvest Festival 5K
 22, 1983 Sat. Virginia Beach, VA - Green Run Run 5K
 29, 1983 Sat. Elizabeth City, NC - Pasquotank River Runs 10K, 5K, 1M
 Nov. 5, 1983 Sat. Norfolk, VA - SuperDance 5K
 6, 1983 Sun. Corapeake, NC - Great Dismal Swamp 1/2 Marathon, 2M
 12, 1983 Sat. Virginia Beach, VA - Kempsville Jr. High PTA 5K
 13, 1983 Sun. Chesapeake, VA - Northwest River 15K
 19, 1983 Sat. Chesapeake, VA - The Greenbrier 10K Challenge
 20, 1983 Sun. Virginia Beach, VA - Virginia TAC 10K X-C Championships
 24, 1983 Thur. Virginia Beach, VA - The Turkey Trot 10K
 26, 1983 Sat. Ahoskie, NC - Rotary Half Marathon & 10K
 Dec. 10, 1983 Sat. Virginia Beach, VA - The Joy Fund 8K
 17, 1983 Sat. Chesapeake, VA - The Northwest River 20K
 31, 1983 Sat. Virginia Beach, VA - The Nature Trail Half Marathon
 Jan. 7, 1984 Sat. Norfolk, VA - The Winter 8K
 21, 1984 Sat. Chesapeake, VA - The Northwest River 25K
 Feb. 4, 1984 Sat. Chesapeake, VA - The Northwest River 30K
 18, 1984 Sat. Virginia Beach, VA - The Athletic Attic 10K
 Mar. 4, 1984 Sat. Williamsburg, VA - The Walsingham 8M, 5K
 18, 1984 Sat. Virginia Beach, VA - The Shamrock Marathon, 5 Mile Boardwalk Run, and the 2 Mile Sand Run