

RUN ERR

Name: _____

Female: _____ Male: _____

Birth Date & Year: _____ Age: _____

Email: _____
Race messages will be sent via email

Telephone: _____

Address: _____

City: _____ State: _____ ZIP _____

T-SHIRT SIZE: S M L XL XXL
(Please circle one)

RACE WAIVER MUST BE SIGNED BELOW!

I know that running a road race is a potentially hazardous activity. I should not enter to run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in this event including but not limited to falls, contact with other participants, the effects of weather, including heat and humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration for acceptance of my entry, I for myself and for anyone entitled to act on my behalf, agree to indemnify the Tidewater Striders, Portsmouth Museum Foundation, City of Portsmouth, Virginia, sponsors, volunteers, race management, from any and all claims or liabilities of any kind arising from my participation in this event. I will abide by all the guidelines set by race management, including but not limited to, that baby joggers, headphones, skates and animals are not permitted during my participation in this event. I agree that my entry fee is not refundable or transferable for any reason. I also grant permission to all of the foregoing to use any photographs, motion picture, recordings or any other record of this event for any legitimate purpose.

*Race Director reserves the right to accept or deny any entry.
*NO REFUNDS! NO TRANSFERS! NO EXCEPTIONS!

SIGNATURE: _____
(Parent signature required if under 18 years of age)

DATE: _____

ELIZABETH RIVER RUN 10K

_____ ERR 10K RUN DIVISION

_____ ERR 10K WALK DIVISION

\$18 _____ Tidewater Strider member postmarked by 4/15

\$20 _____ Non-Strider member postmarked by 4/15

\$25 _____ All participants postmarked 4/16 to 5/15

\$30 _____ All participants postmarked 5/16 to 5/29
Registrants after 5/15 are not guaranteed a T-shirt.
Please do not mail in registration form after May 22.
=====

CRAWFORD STREET MILE

_____ Crawford Street Mile

\$10 _____ Postmarked by 5/15

\$15 _____ Postmarked 5/16 to 5/29
=====

CHILDREN'S MUSEUM FUN RUN

_____ Children's Fun Run

\$10 _____ Postmarked by 5/15

\$15 _____ Postmarked 5/16 to 5/29
=====

CHILDREN'S MUSEUM DONATION

\$ _____ Additional donation to benefit the Children's Museum of Virginia.
=====

STRIDER GOLDEN RUNNERS

GR NUMBER: _____

RUN ERR



SATURDAY MAY 29, 2010

PORTSMOUTH, VIRGINIA

ERR 10K

CRAWFORD STREET MILE

CHILDREN'S MUSEUM
FUN RUN

RUN ERR!!

31st ELIZABETH RIVER RUN

SATURDAY, MAY 29

A TIDEWATER STRIDER GRAND PRIX EVENT

ERR'S FLAT! ERR'S FAST! ERR'S FUN!

Get Memorial Day Weekend off to a great start by running or walking the 31st Elizabeth River Run! The ERR course is flat and fast with spectacular views of the Elizabeth River, followed by a fun party.

ERR 10K RUN & WALK DIVISION 8:00am

Enjoy the sights and sounds of the riverfront as you traverse along the river on the seawall and on the Naval Medical Center Portsmouth's river front grounds. Go back in time as you pass the legendary PORTSMOUTH LIGHTSHIP, the historical monuments and homes of "Olde Towne" Portsmouth.

ERR 10K will start and finish on Crawford Street near the Ntelos Pavilion at Harbor Center. The course will remain open for 2 hours. ERR 10K athletes will receive a T-shirt, "goodie" bag, and entry to the post race festivities at the Pavilion at Harbor Center.

Run Division awards will recognize the top 3 overall winners along with the top three in each age group. The Walk Division in the 10K will recognize the top three overall male & female.

TECHNICAL T-SHIRT

ERR 10K ATHLETES REGISTERED BY MAY 15th WILL RECEIVE A TECHNICAL T-SHIRT!

CRAWFORD STREET MILE 7:45am

Be a part of the fun by running or walking a mile in Olde Towne Portsmouth. Each participant receives a T-shirt and entry to the post race party. Awards will recognize the top 3 overall males & females.

CHILDREN'S MUSEUM FUN RUN 10:00am

Children ages 6 months to 5 years can run like Mom and Dad for 30 yards. Each child will receive a T-shirt and race bib number.

POST RACE FESTIVITIES

All athletes are invited to the party at the Ntelos Pavilion at Harbor Center. Music, food, refreshments and adult beverages will be shared while you brag about the day's exploits.

PACKET PICK-UP & RACE DAY REGISTRATION:

Friday May 28 3:00pm to 7:00pm Running Etc.- VA Beach
Saturday May 29 6:45am to 7:45am Ntelos Pavilion

NTELOS PAVILION DIRECTIONS:

From VB & Norfolk—Take I-264 to Downtown Tunnel. After tunnel, take exit #7; bear right to Crawford St.

From Chesapeake - Take I-464N to Downtown Tunnel. After tunnel, take exit #7, Bear right to Crawford St.

From Suffolk & NC- Take I-264E, take Exit #7B, to Crawford St.

From Peninsula/Richmond- Take I-664S through MMM Tunnel to I-264E. Take Exit 7-B, to Crawford St.

PARKING-

1800 parking spaces in city garages are within quarter of a mile of the Pavilion. NO PARKING CHARGES on weekends. Please arrive early on Saturday. Road closures will begin at 7:30 am.

VOLUNTEERS NEEDED!

Volunteers are needed to help put this event on. All volunteers receive a T-shirt and are invited to the post race festivities. Please e-mail Rich Hildreth at rmhildreth@jve.hrcoxmail.com.

CHILDREN'S MUSEUM OF VIRGINIA

Race proceeds are shared with the Children's Museum of Virginia. The Children's Museum provides hands-on experiences for children of all ages, including a planetarium, train collections, art moves, and much more.

It's easy to contribute. Just add your tax deductible donation to the race entry fee check or make a separate check payable to the "Children's Museum of Virginia". Donated funds will be administered by the Portsmouth Museums Foundation Inc.

TIMING

ERR 10K participants will be timed utilizing the Winning Time Chip System. Basis for scoring will be gun time. Please pick up your chip on race morning at the Ntelos Pavilion.

Crawford Street Mile will be manually timed.

REGISTRATION INFORMATION

ONLINE REGISTRATION:

Sign up online at www.active.com.

PAPER APPLICATIONS: Paper applications are available at

www.tidewaterstriders.com. Mail your check payable to the "Tidewater Striders" and registration form to:
Tidewater Striders
2217 Bayberry Street
Virginia Beach, VA 23451

RACE DAY REGISTRATIONS will be accepted until 7:30 on race day. Race day registrants will not be guaranteed a shirt or packet.

RACE INFORMATION:

ONLINE: www.tidewaterstriders.com

EMAIL: sagedy@juno.com

CERTIFIED COURSE

Certification Code: VA-06012-RT. The ERR 10k course has been certified by USA Track & Field.

ERR PHOTOS

The wonderful photographers of TRIDUO.COM will be out on the course taking photos of you on race day. You can view the photos at www.triduo.com. Photos are available for purchase.

GOLDEN RUNNERS & VOLUNTEER RACE PASSES

Golden Runners and Volunteer Race Pass users must register by May 1, 2010. Thank you for your cooperation.

"THANK YOU" TO OUR SPONSORS:



WESTERN BRANCH DIESEL, INC.

DETROIT DIESEL • Allison • mtu

