STRIDER MILE

& Virginia Association USATF 3000 Meter Race Walk
(Logo Designed by Steve Speirs)

Runners: 1 Mile on the Track
Race Walkers:3000 Meters on the Track
A USATF Virginia Association Open and Masters Race Walk Championship
Saturday, August 16th - 8 am
Tallwood High School
1668 Kempsville Road, Virginia Beach 23464
These are Tidewater Striders Running and Walking Grand Prix Events

Random Relays: Included with all entries
Team members assigned by random drawing.
Race Day Registration: 7am to 7:45am Sharp.
First Heat: 8am, subsequent heats every 15 minutes
After Last Mile Heat: Random Relays & Racewalks
Awards: After Last Racewalk
Strider Picnic: Follows awards at Lake Christopher

Make Checks Payable to the Tidewater Striders and mail to: 211 - 66th Street, Virginia Beach, VA 23451
(No Refunds, Exchanges or transfers, Incomplete applications will not be processed)
Race Director: Steve Durrant - sdurrantrdh@cox.net 422-6811 www.tidewaterstriders.com

(TEAR/CUT HERE AND MAIL)

Individual Competitors Entry Fees
Pre-Registration Fee(postmarked by August 9)

	Strider Member	Non Strider
18 & Older	$12	$17
17 & Younger	$9	$14
Postmarked after August 9 & Race Day		
All Runners and Walkers: $20		
Check One:	Runner _____	Walker _____

If a walker, are you an USATF Member? No__ Yes__
USATF Membership #_____
USATF Racewalking Rules of Competition will be followed.

Awards

Runners: Top 3 Overall M/F, Top 3 Masters M/F
Top 3 in following each A/G M/F: 13 & Under, 14-19, 20-24 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+
Random Relays: Top 2 Teams, M/F
Walkers: Top 5 Overall M/F
USATF members are eligible for top 3 place awards in A/G. Racewalkers do NOT need to be USATF members to compete in the race walking heats. However, since the walking heats are sanctioned, only USATF members are eligible for A/G medals.
USATF membership info at www.usatf.org

Name (First - MI - Last) Required Predicted 1 Mile (Runner)/3000M (walker) Time

Age Gender (M / F) Tidewater Strider (Y / N) Phone Number ( ) - -

Street Address

City State Zip Code

Golden Runner No E-mail Address

I understand that running a road race is a potentially dangerous activity. I should not enter the race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this even, including but not limited to falls, contact with other participants, the effects of weather including heat and humidity, traffic and the condition of 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 your accepting my entry, I. for myself and anyone entitled to act on my behalf, waive and release the Tidewater Striders, RRCA, USATF, Virginia Association USATF, SE Region USATF, the City of Virginia Beach, the Virginia Beach Public School Systems, TriDuo.com, race officials, volunteers, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. I grant permission for all of the forgoing to use any photographs, motion pictures, recording or any other record of this event for legitimate purposes. I understand that this is a race conducted under the rules of the RRCA and USATF, is not intended for baby joggers, head phones, skates, roller blades, and dogs on leashes, and I will abide by these guidelines.

Signature (Parent if under 18) Date