

HAMPTON ROADS



SUPER GRAND PRIX

Hampton Roads SUPER GRAND PRIX 2019 4th Annual Race Series

What is it?

A joint competition between the **Colonial Road Runners**, **Peninsula Track Club**, and **Tidewater Striders**, designed to encourage participation and competition in club running events throughout the entire metropolitan area.

Who can enter the series competition?

All members in good standing of the CRR, PTC and TS may participate. Runners must register with the Hampton Roads Super Grand Prix to be included in event scoring. Only races AFTER you register will be included in the series points (so register NOW).

How can I register?

Go to www.hrsupergp.com and look under the RULES section. You will find all the details of the scoring, awards, point systems and the registration link. IT IS FREE.



Tidewater Striders

Jan 26

Strider Distance Series, 15-Miler at Fort Monroe



Colonial Road Runners

Feb 16

Colonial Half-Marathon



Mar 9

Fort Eustis 10K



Apr 6

Victory at Yorktown 10K



Apr 20

Run the DOG 5K



May 25

Elizabeth River Run 10K



July 27

Coast Guard Day 5K



July 30

Mel Williams Memorial 5K



Aug 3

Strider Mile



Aug 18

Dismal Swamp Strider Summer 10-Miler



Aug 24

Jamestown Island Democracy Dash 10K



Sep 14

Mulberry Island Half-Marathon



Sep 28

Neptune Festival 8K



Oct 26

Governor's Land 5K



Nov 2

Yorktown Battlefield 10-Miler



Dec 7

Run with the Son for Haiti 5K

