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### **The Elizabeth River Run 10k Back on September 4 with After Party Media Access Granted to Finish Line This Year**

NORFOLK, Va. – (September 2022) The 43rd Annual Elizabeth River Run 10k kicks off at 7:15 am on September 4 at Powhatan Ave. and 43<sup>rd</sup> Street with a one-mile kid's run. Then at 7:45 the 10K starts with a race to the Port of Virginia. This year brings a large group of out-of-state elite runners vying for the first place, while others are racing to the after party, the first to be held at the private park at the Port. Live music by Fretemology, pizza, beer and vendors, including the Planter's NUT-mobile (a 26-foot-long peanut on wheels) making a stop at the race on its cross-country tour, will entertain the runners.

More than 800 runners of all levels will begin at the starting line on the Old Dominion University campus, weave through tree-lined historic neighborhoods, take in sweeping views of the Elizabeth and Lafayette Rivers on the Hampton Boulevard Bridge, and cross the finish line in a private park located at the Port of Virginia. This is the first race to be exclusively held on the Elizabeth River Trail, a 10.5-mile multi-modal trail with award-winning amenities.

#### **Here are some story ideas:**

Only race exclusively on the Elizabeth River Trail  
Local business owner ran first ERR 10K in 1979 and loving race's return to Norfolk

#### **Friday, 9/2 and Saturday 9/3: Talk to race organizers during packet pickup at Smartmouth Brewing on Friday from 3-8 and Saturday from 12-8**

Thomas Hicks, Tidewater Striders President & ERR 10K Race Director  
Kindra Greene, Elizabeth River Trail Foundation Executive Director  
Randy Cooke, Tidewater Striders Historian

#### **Sunday, 9/4: Times and locations to capture live video or photos**

7:15 am: Kid's mile starts at Powhatan & 43<sup>rd</sup> St.  
7:30 am: Start line (no interviews) Powhatan Ave. & 43<sup>rd</sup> St.  
7:30-8:00 am: Running through heart of ODU campus  
8:00-9:00 am: Running over Hampton Blvd. bridge  
8:15-9:30 am: Water views in Larchmont (Richmond Cres.) or Lochhaven (North Shore Rd.)

The anticipated winner is expected to be at the finish line at 8:15  
After party 8:30-11:00

**For media at finish line, you must have vehicles at the Port prior to 7:30 am when the race course closes. You are free to park outside of the Port and walk into the park to be at the finish line for the winner and after party.**

The first Elizabeth River Run was conceived and developed by the Tidewater Striders run club in May 1979 in conjunction with the Armed Forces Staff College and *The Virginian-Pilot* and *The Ledger-Star*. The entry fee was \$4, and awards were presented in nine male age groups and five female age groups. The race started at the Armed Forces Staff College on Hampton Boulevard and finished in Downtown Norfolk on Waterside Drive. Registered runners exceeded the expected 2,000, and later reports indicate that in its first year, the Elizabeth River Run was the 47th largest race in the United States.

New this year, the ERR Military Cup will be awarded to the fastest military branch. The top five runners from each branch will be scored. The cup will be presented at the awards ceremony, and the fastest active duty runner from the winning branch will take the cup to their command to put it on display for a year.

Challenge medals will be awarded to runners who completed the CHKD Run/Walk For Kids 8K and the ERR 10K. Prize money will be awarded to the top three male and female overall and male and female masters winners. The first place overall prize is \$250. Race proceeds will benefit Tidewater Striders and the Elizabeth River Trail Foundation. For more information and a race map, visit: <https://events.elizabethrivertrail.org/err>.

Sentara is the presenting sponsor with additional support from TowneBank and HeadWaters Resort and Casino. The race route is anchored by key community partnerships with Old Dominion University and the Port of Virginia. Additional sponsors include Mile Marker Sponsors: [Virginia Plastic Surgery](#) and [KPMG](#), Kid's Mile Partner: [WHRO](#), General Sponsors: [The Birch Bar](#), [Dogtown](#), [411 York](#), [Smartmouth Brewing Company](#), [The Port of Virginia](#), [Rutter Mills](#), [Willcox Savage](#), Friend: [Cooper Hurley](#), [CVI](#), [Getem Services](#), [Orange Theory Fitness Norfolk](#), [RG Electric](#) and The Shelton Family.

The Elizabeth River Trail Foundation's mission is to promote, enhance and transform the Elizabeth River Trail into the most iconic urban riverfront trail in the country. The ERT runs 10.5 miles and connects businesses, historic attractions and 28 neighborhoods within a five-minute walk. The multi-use trail is designed for walking, running and biking. It comprises 11 sections from Norfolk State University to NIT Terminals along the Elizabeth River. In 2020, the Foundation was able to build multiple new unique and award-winning amenities, including a kayak launch, play sculpture and double turbo challenge course in Plum Point Park. Major sponsors include Sentara and the City of Norfolk. For more information, visit [www.elizabethrivertrail.org](http://www.elizabethrivertrail.org).

The Tidewater Striders has hosted the Elizabeth River Run annually since 1979. Formed in 1972, it is the largest running club in Virginia and one of the ten largest in the United States. It serves to promote fitness-related activities such as running, walking and multi-sport events in our community. For more information, visit <https://www.tidewaterstriders.com>.

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