



Nashville Striders Cross Country Series August 2010



**A 5K Cross Country Run and 1.5 Mile Youth Run
on 3 consecutive Thursday evenings.**

Sponsored by the *Nashville Striders*

Information Sheet

Date: Thursday, August 5th, August 12th, August 19th
Time: 6:30 PM. Sign-in begins at 5:30 PM.
Location: Percy Warner Park—Vaughn's Creek X-Country Course
(Hwy. 100 & Old Hickory Blvd.)

No Entry Fee – (Compliments of the *Nashville Striders*)

This all-comers cross-country series is a very informal and fun event. No awards, no t-shirts, just a good time! We will set up the start line and finish line clock, provide course monitors, and refreshments. Fluids compliments of Athlete's House and Fleet Feet Sports.

For more information please call/text or email
Diana Bibeau 615.347.5822 dibibeau@clearwire.net
or visit our website at www.nashvillestriders.com

Please arrive early and be ready to run at 6:30 PM

Even though there is no entry fee you will be asked to sign the following waiver on race day.

Waiver (Every participant must sign) _____ Date _____
(Parent or guardian if under 18) _____ Date _____

In consideration of your acceptance of this entry, I for myself, my heirs, devisees, executors, administrators, and assigns hereby waive, release and discharge any and all claims against the officials or the sponsors of the 2010 Nashville Striders Cross Country Series for all damages or injuries I may suffer. I hereby grant permission for the free use of my name and picture in broadcast, brochure, or account of this event.