12TH ANNUAL PURITY'S MOOSIC CITY DAIRY DASH 5K & 10K RUN and the VOLUNTEER EXPRESS WUNDER FUN RUN Benefiting mercy ....HEALTHCARE FOR ALL CHILDREN

PURITY DAIRIES & VOLUNTEER EXPRESS PRESENT THE

MOOSIC CITY DAIRY DASH

April 14, 2012 • Metro Center • Nashville, Tennessee

Volunteer Express 1 Mile Wunder Fun Run begins at 7:30 a.m.
Purity 5K begins at 8 a.m. • Purity 10K begins at 8:30 a.m.

Both courses are fast, flat and certified • Timed using the ChampionChip® System

Registration Fees

- **5K Run/Walk**
  – *Pre-Race: $25 / Day of Race: $30*
- **5K Run/Walk Family** *– (Up to 3 people)*
  – *Pre-Race: $60 plus $20 for additional family members*
  – *Day of Race: $75 plus $25 for additional family members*
- **10K Run**
  – *Pre-Race: $30 / Day of Race: $35*
- **Run Both 5&10K**
  – *Pre-Race: $35 / Day of Race: $40*
- **Volunteer Express Wunder Fun Run**
  – *$12, $40 for Family of 4*

Registration

★ Register online:
- **www.nashvillesports.com/dairydash**
- **www.puritydairies.com/dairydash/**

★ Mail this registration with payment to: **Purity's Moosic City Dairy Dash, P.O. Box 100047, Nashville, Tennessee 37224**

★ **Early registration & pre-registered pickup: Friday, April 13, 11 a.m. – 6 p.m. Purity Dairies Training Center 534 Expressway Park Drive** (Follow signs from Murfreesboro Road)

NASHVILLE CORPORATE CHALLENGE RACING SERIES

CORPORATE CHALLENGE (5K only)
- For team registration contact: afrandsen@nashvillesports.com
- For Corporate Challenge info: www.nashvillecorporatechallenge.com

Awards

- **GRAND PRIZE:** Overall male and female winner will receive a 1-year supply of Purity Ice Cream.
- **AWARDS** will be given in both 5K & 10K to the top 3 finishers in the Overall, Masters, and Grand Masters categories and the top 3 finishers in each of the age categories: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ and Wheelchair.
- **WUNDER FUN RUN AWARDS** will be given to the top 3 finishers, 14 and under in the Overall, and in each of the following categories: 5 and under, 6-7, 8-9, 10-11, and 12-14.

Perks & Swag

- Commemorative Technical Shirt with registration.
- NEW! Commemorative Technical Shirt with **Wunder Fun Run** registration.
- Door prize drawing prior to Awards Ceremony.

Directions

- Take I-65, exit 85 to Rosa L. Parks Boulevard. Race headquarters will be located at Athens Way & Rosa L. Parks Boulevard In the Metro Center.

Important Information

- 10K is a Nashville Strider Grand Prix Event.
- Use of headphones/MP3 players is discouraged.
- Strollers are welcome, and should line up in the rear at the starting point. **No pets allowed**
- 10K Course open for 1½ hours.
- Questions? Call Smitty @ 615-851-2630.

2012 MOOSIC CITY DAIRY DASH REGISTRATION FORM

First Name _____ Last Name _____

$_____.___
I would like to make a donation to **Mercy** Healthcare for All Children

Age _____ Sex: M or F _____ If you own a ChampionChip enter the number here _____ — _____ Size: S M L XL XXL _____

5K Run/Walk _____ 5K Run/Walk Family of 3 _____ 10K Run _____ Run Both 5&10K _____ Wunder Fun Run _____ Wunder Fun Run Family of 4 _____ Wheelchair Division _____

Mailing Address _____

City _____ State _____ Zip Code _____

Area Code _____ — Telephone Number _____ E-mail Address _____

Signature: *(Parent or Guardian if Minor)* _____ Date: ___/___/___

Waiver: I know that running is a potentially hazardous activity. I should not enter and run the race unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely conclude the run. I assume all risk associated with running including, but not limited to, falls, contact with other participants, the effects of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I , for myself and anyone entitled to act on my behalf, waive and release the Purity Dairies 5K Run, 10K Run, etc. The Metropolitan Government of Nashville and Davidson County and its employees, all sponsors, their directors, officers, employees, agents, representatives and successors from all claims or liabilities of any kind or nature whatsoever arising out of my voluntary participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named on this waiver. I further agree to abide by the laws of the State of Tennessee regarding consumption of alcoholic beverages before, during and after the Event, and by not doing so, waive any and all rights I and my guests may have with regard to this Event. **If I decide to use a ChampionChip for official time and I lose it or fail to return it, I agree to pay a $30.00 replacement fee.**