



Mental Health America  
of Middle Tennessee Presents

## Runnin' to Beat the Blues 5k and 1 Mile Run/Walk

March 24, 2012 • Centennial Park

Register online at [mhamt.org](http://mhamt.org)

**Prizes & Awards Structure:** 5k Overall: 1<sup>st</sup>-\$100, 2<sup>nd</sup>-\$50, 3<sup>rd</sup>-\$25; Top 3 Overall Male/Female, Top 3 Masters Male/Female, Top 3 Age Group Male/Female (in 5 yr increments)

**1 Mile** – Top 3 Overall Male/Female, Top 3 Masters Male/Female, Top 3 in Age Group Male/Female (18 & under in 3 yr increments, 19 & over in 10 yr increments).

**Race Day Schedule:** 6:15am Registration Begins, 7:30am 5k Run/Walk, 8:45am 1 Mile Run/Walk, Awards following 1 Mile race

**Mail registration & payment to:** Mental Health America of Middle Tennessee; 295 Plus Park Blvd, Suite 201, Nashville, TN 37217

Proceeds from Runnin' to Beat the Blues support the programs and services of Mental Health America of Middle Tennessee (formerly the Mental Health Association of Middle Tennessee). The MHAMT connects the community with specialized mental health and wellness resources, provides services that improve the quality of life, and promotes effective services where mental health needs exist.

### Registration Form

Official Use Only

Select Event: 5K  1 Mile

T-Shirt: YL  S  M  L  XL  XXL   
(only pre-registered guaranteed)

Age Sex: M or F Date of Birth ChampionChip # (if applicable)

/  /

First Name Last Name

Mailing Address

City State

Zip/Postal Code Telephone E-Mail Address

Entrant Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent or Guardian if minor)

Registration Rates:(please check appropriate box)

Registration: by 3/1 by 3/25 Race Day

<input type="checkbox"/> 5k	\$20	\$25	\$30
<input type="checkbox"/> 1 Mile	\$12	\$15	\$17
<input type="checkbox"/> 5k & 1 Mile	\$30	\$35	\$40

Optional donation to Mental Health America of Middle Tennessee (tax-deductible) \$ \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

**Method of Payment:**

Make checks payable to "Mental Health America of Middle Tennessee."

Check # \_\_\_\_\_  Cash  
 Visa  MasterCard  American Express  
Card # \_\_\_\_\_ Exp. \_\_\_\_\_  
Security Code \_\_\_\_\_

**WAIVER:** I know that participating in a race is a potentially hazardous activity. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I assume all risk associated with participating in this event including but not limited to falls, contact with other participants, and effects of weather, traffic, and facility or road conditions. Having read this waiver, knowing these facts and in consideration of your accepting my registration, I, for myself and anyone entitled to act on my behalf, waive and release and covenant not to sue Nashville Sports Council, Mental Health America of Middle Tennessee, Nashville Striders, city of Nashville, Event sponsors, or Volunteers, their representatives, successors, or assignees from any and all claims or liabilities of any kinds in connection with my participation in event, including without limitation, claim or liability resulting from those matters described in this paragraph. The undersigned further grants full permission to Mental Health America of Middle Tennessee and/or agents authorized by them to use any photographs, video, or any other recording of this event for any purpose. I 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.

Special thanks to our generous sponsors:



Registration and additional  
information at [www.mhamt.org](http://www.mhamt.org)

USATF Certified 5k & 1 Mile Courses. Race management provided by Nashville Striders. Runnin' 5k is included in the 11-12 Nashville Striders Grand Prix Series.