 Nashville Striders



 Cross Country Series

 August 2019

## A 5K Cross Country Run and 1.5 Mile Youth Run

**on 2 consecutive Thursday evenings.**

### Sponsored by the *Nashville Striders*

#### Information Sheet

##### **Dates:** Thursday, August 8 and August 15

**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 Fleet Feet.

For more information please email

Stevetudor@comcast.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.***

***Coaches can download multi-participant waiver from NashvilleStriders.com and complete with runner names (and their signatures if 18 and over) prior to event.***

**Waiver** (All participants names, 18 or older sign)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_

 (Parent or guardian if under 18)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_

In consideration of your acceptance of this entry, I for myself, my heirs, executors, administrators, and assigns hereby waive, release and discharge any and all claims against the officials or the sponsors of the 2019 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.