



FUNRUNNER

July/August 2023

City Cemetery Memorial Day Dash



Photo by Robin Bible

FOR MEMBERSHIP send \$20.00 to Nashville Striders, Inc, P.O. Box 917, Madison, TN 37116 (615) 985-2282

WWW.NASHVILLESTRIDERS.COM

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ADMINISTRATOR

Jerri Ann Head (615) 985-2282

BOARD MEMBERS NOT LISTED ABOVE

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Tami Greenwell

Amanda Pedigo

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The Nashville Striders, Inc. publish a bi-monthly newsletter, *The Funrunner*. It contains articles on running, fitness, diet, and general club information. Included are detailed race results of Strider races both locally and in surrounding areas.

For information about the Nashville Striders, Inc. contact Jerri Ann Head (615) 985-2282.



BOARD MEETINGS

The Nashville Striders Board of Directors meet monthly.

WEEKLY FUN RUNS

Wednesday mornings at 5:30 AM begin at McCabe Community Center

NEWSLETTER

Send your newsletter articles directly to *The Funrunner* editor, **Peggy Stanfield**, by the 1st of each month for the following month's issue. Please type the articles and email to peggystanfield@comcast.net (615) 228-0552

EQUIPMENT RENTAL

All race equipment rentals are to be reserved through the Strider office (615) 958-2282. **Payment is required at time of pick up. Rates are as follows: \$75.00—each timer** (times electronically printed on a tape) **\$175.00—digital clock** (sits at finish line for runners to see).

RACE CONTRACTS

To have the Nashville Striders, Inc. organize your race (administer finish line, provide equipment to time race, and help set up registration, package includes advertisement in one newsletter), contact a Striders' board member.

NEWSLETTER ADVERTISING

The Nashville Striders, Inc., a non-profit club, reserves the right to reject flyers and/or advertisements that are determined to be inconsistent with the public image of the Nashville Striders, Inc. DEADLINE for submission to the Striders' office is the 1st of the month prior to the month in which the ad is to appear. **Payment is required in advance.**

For advertising information contact Steve Tudor SteveTudor@comcast.net. Your race date must not conflict with a Striders managed race.

MAILING LIST

\$200.00 - list includes approximately 1000 members and non-members. (Sold only to Race Directors; disc for one-time use only.)

CIRCULATION

Approximately 1,000, Nashville and surrounding areas.

USATF MEMBERSHIP

Caroline Tucker, (615) 255-5802 www.usatftn.org

MEMBER DISCOUNTS

Please note: some items may be excluded. Team Nashville (10%), New Balance – Cool Springs/Green Hills (10%), Sport Seasons (15%) Sun and Ski Sports (10%), Nashville Running Company (10%)

THE FUNRUNNER

July/August 2023

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East Nasty Weekly Run

Wednesdays at 6:00 PM
Meet at East End United Methodist Church
at the park area next to the building
<http://eastnastyforlife.com>

Williamson County Rec Center

Saturdays at 7:00 AM
Meet at WCRC parking lot
Call Gary Gosch (615) 599-9855

Franklin

Saturdays at 6:00 AM
Meet at various locations, contact:
Lisa Weber (615) 496-9039
lcweber@bellsouth.net

Hendersonville

Monday nights 6:00 Brix Pizza Run
Meet at Indian Lake parking lot next to Brix
Meet at Fleet Feet Streets of Indian Lake
Saturdays 6:00 (summer months)
Saturdays 7:00 (winter months)
Meet at Drakes Creek Park
Sundays 6:00
Meet at Starbucks at Indian Lake
Alison Kanaby (615) 681-8973

Sun & Ski Fun Run

Tuesdays at 6:00 PM
Sun & Ski Sports
Thoroughbred Square - Cool Springs
Andrew Stillwell (615) 628-0289

NEW MEMBERS

No new members to report this Funrunner. Thank you to all who have renewed their memberships. Please encourage others to join. See membership form on next page or join online at www.nashvillestriders.com



David Holder and Ron Gonsler
Photo submitted by: Susan Vaughn



Across The Finish Line

No one sent in any race results. Hopefully we will have more in our next issue! I know some of you run in this heat! Send us your times so we can celebrate your accomplishment.

Please submit your race times to be included in this section to:
peggystanfield@comcast.net



Attention Photographers!

We want to see your race photos in the next Funrunner!

E-mail your photos to RBible1@gmail.com

Be sure to include the name of the race, location, runner(s) in the photograph and the date)

Thanks!



NOW IS THE TIME TO JOIN THE NASHVILLE STRIDERS

BE A MEMBER OF THE LARGEST AND OLDEST RUNNING CLUB IN MIDDLE TENNESSEE

Member Benefits include:

- Nashville Striders Window/Car Decal
- Bi-Monthly digital issues of *Funrunner* Newsletter
- Social Events – including Annual Holiday Party and Summer 5K and Picnic
- Grand Prix Series Recognition and Awards
- Striders Milers – Annual Achievement Awards
- Discounts for pre-registration at specific Striders Races
- Receive email reminders of Striders happenings
- Earn **free race entries** and **free Striders apparel** by volunteering at Striders events through our **Volunteer Incentive Program** ["VIP"]



Check out our website at www.nashvillestriders.com, for additional membership and club information.

Take advantage of many of the benefits and your membership!

Nashville Striders Membership Application

Name _____ Age _____ Birth Date ____/____/____ Sex _____

Address _____ New: 1 yr 2 yr 3yr

City _____ State _____ Zip _____ Renewal: 1 yr 2 yr 3 yr

Email _____

Primary Phone _____ Alt Phone _____

I am interested in: serving on Board serving on committee

helping at races walking program

Couple

2nd

Name _____ Age _____

Birth Date ____/____/____ Sex _____

Email Address _____

Phone number _____

Family Membership Additional Family Members:

_____ Age _____

_____ Age _____

_____ Age _____

Dues structure:

Individual: \$20.00 / 1 year; \$38.00 / 2 years; \$54.00 / 3 years

Couples: \$30 / 1 year; \$55 / 2 years; \$80 / 3 years

Family: \$35 / 1 year; \$65 / 2 years; \$95 / 3 years

Dues payable to: *Nashville Striders, Inc.*,

P.O. Box 917, Madison, TN, 37116

Additional information at: www.nashvillestriders.com, or (615) 985-2282.

Recommended by: _____

I know running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club events unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, the conditions 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, and in consideration of your acceptance of my application for membership, I for myself and anyone entitled to act on my behalf, waive and release the Road Runners Clubs of America, the Nashville Striders, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ date ____/____/____

(Parent's signature if under 18 years of age)





President's Message



By Steve Tudor

Greetings Striders! What happened? We went from mild to wild and just skipped over beautiful spring weather. It's hot out there - summer is in full swing and I trust you have been busy running, training, participating in great races or just enjoying the season!

Some of you may have already heard that 2023 is a monumental year for the Nashville Striders. We are celebrating our 50th anniversary! 1973-2023 and going strong! Thank you, thank you, thank you for being part of this organization. We have new members joining regularly and we have members that have been a part of the Striders for 20, 25, 30 and even 35+ years! Without you and your support we don't have a club so thank you! We are working on a shirt design to commemorate our anniversary and plan to roll it out at the **23rd Annual Shelby Bottoms Boogie 15K Run and 5K Run/Walk on October 14th**. Our hope is to reach out to as many former club officers and honor them at the race. We'll also have some special 50th anniversary recognitions for all race participants. Past presidents David Holder davholder@aol.com and Frank "Smitty" Schmidt fjs-assoc@comcast.net are gathering names, addresses, and emails so we can reach out and extend the invitation. If you have any former officer contacts, please share them with David, Smitty, or me. The past, present and future leadership team as well as our dedicated members are what sets this club apart from all others. Mark it! **SBB - October 14th!**

The **2023 Memorial Day Dash** is in the books - kudos to everyone who helped make it a success! We had a great morning, overcast and cool, for 321 runners and walkers to complete the Fort Negley/City Cemetery loop. Many strong finishes from Striders members as well. Your presence, either as a participant and/or volunteer, was instrumental in helping the City Cemetery Association generate some much-needed funds to maintain this historic Nashville landmark. Thank you!

The Striders have partnered with Nashville Soccer Club for the **Dash at the Castle 5K** on **July 8th**. Geodis Park is the site for this first ever running event for Nashville SC. The race will start at 8PM (sunset is 8:09PM) so this will be a true race at night. Awards will be presented inside the stadium following the race. We're excited to be a part of this event and hope you come out and join in the fun! <https://runsignup.com/Race/TN/Nashville/NSCDashattheCastle5KNightRun>

Make plans now to run the **Goodlettsville 4 Mile Classic on July 15th** at Moss-Wright Park! Now in their second year, this is a rebirth of an old club standard spearheaded by the efforts of college runner Alex Ponce who has fond memories of doing this race in his early years of running. 2022 was a great race as well as fundraiser for the community and this promises to be another awesome event! Be there! <https://runsignup.com/Race/TN/Goodlettsville/goodlettsvillefourmileclassic>

It's picnic time in Tennessee! Our annual **summer club event** returns as a morning event at McCabe Community Center on **Saturday, July 29th** for a casual 5K run/walk followed by a member breakfast/brunch potluck. Because we are still unable to host our 4th of July race at Opry Mills due to construction, we are naming this run the **Peter Pressman Memorial 5K**. There's even a bench on the greenway with Peter's name on it! Your club will provide beverages and cups, setups, and utensils. You

provide your favorite breakfast item to share – whether it's killer pastries, fresh fruit, or your favorite frittata – all dishes are welcome! Yes, the community center for our post-race brunch is air conditioned with a small kitchen and restrooms for our use. We can gather inside or outside at picnic tables. This event is free to all current members, and we encourage you to bring a guest or two! We'll have our Christmas in July giveaways as well. A separate announcement with Signup Genius will provide more details. Please make plans now to attend!

The **August Cross Country Series** at Vaughn Creek X/C Course is on the calendar for Thursdays 8/3 and 8/10. This 6:30 PM event is free and open to anyone and is always well attended by area middle schools and high schools. Fleet Feet-Nashville will be on hand with fluids and we'll have popsicles for all participants. Come out and run on the grass for a change of pace!

Our club race and event management calendar, subject to change, currently includes the following:

- Nashville SC Dash at the Castle 5K (night race) – July 8 (registration open)
- Goodlettsville 4 Mile Classic – July 15 (registration open)
- Achilles Hope and Possibility 5K, Richland Greenway - September 19
- Germantown Oktoberfest 5K – October 7
- Shelby Bottoms Boogie 5K and 15K – October 14 (registration to open July)
- Race Judicata 5K and 10K, Warner Park Shelter 9 – October 21
- Flying Monkey Half, Sunday November 5 – Warner Parks
- Flying Monkey Full, Sunday, November 19 – Warner Parks
- Spring Hill Turkey Burn Half and 5K – November 26 (registration open)

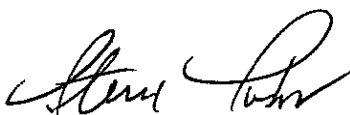
Our updated, **new-and-improved website** has been a little slower to rollout than expected but I promise, you'll like what you see when it's done and active! Final edits are being made on some of the content then the website will be reviewed by a few members for comment and revisions, if needed. After that we'll go live. Thank you for your patience!

Look for a **Blast from the Past** in FR issues. From time to time, we will be re-printing archived Funrunner articles, race reviews, advice columns, and member stories. Let our editor Peggy Stanfield know what you think of these "revisited insights"!

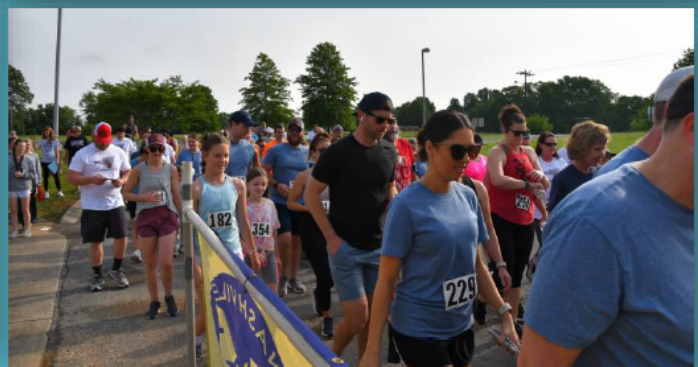
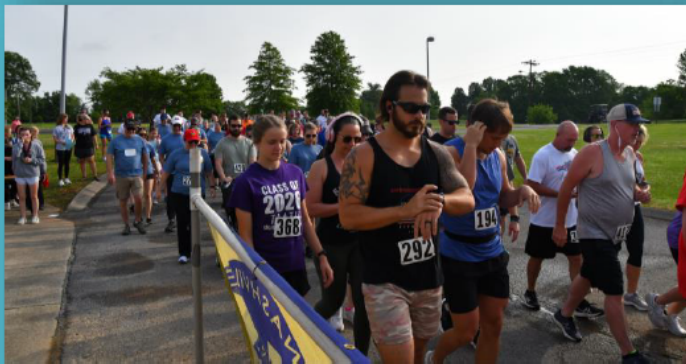
As a friendly reminder, we are always looking for articles, photos, stories, and race results from our members. Professional writing skills not necessary - we want to hear from you! Thanks!

Stay safe and healthy!

Live Large,



Strawberry Stride 5K



May 13, 2023

Strawberry Stride 5K



May 13, 2023

Spring Cleaning 2023

By Bill Cohen

The spring cleaning bug bit the Nashville Striders again in 2023. This year, rather than putting on a race as we did in 2021 (the Spring Cleaning Challenge), we decided to actually do some spring cleaning. And so, on June 10, Striders Board Members Becca Oberlander, Kathy Bell, Tami Greenwell, and yours truly, together with volunteers Kortney Brus, Brayden Unger and John Greenwell, cleaned out

the storage unit in which t-shirts from prior races, mugs from the Tom King Classic, Striders swag, and other items were stored. As you can see, in a little over three hours, we cleaned up, cleaned out, and reorganized the unit. It is our hope that we can keep it the way it looks today and make items from the unit available to Striders members and others in the future.

SPRING CLEANING!



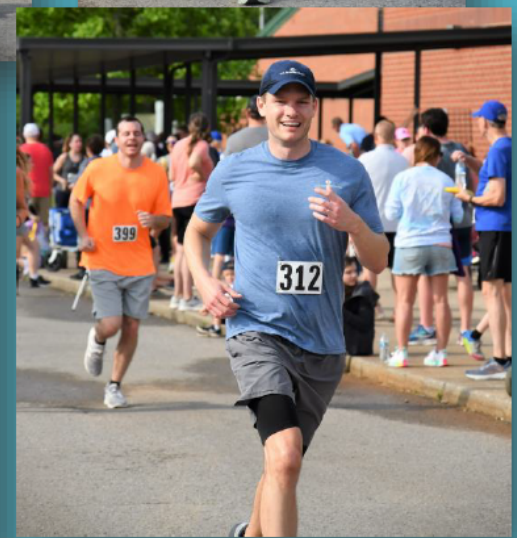
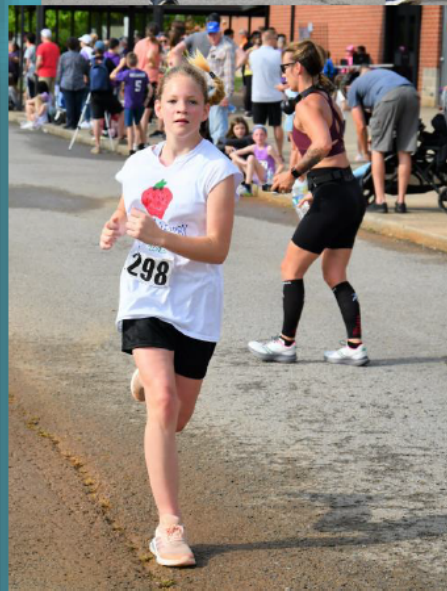
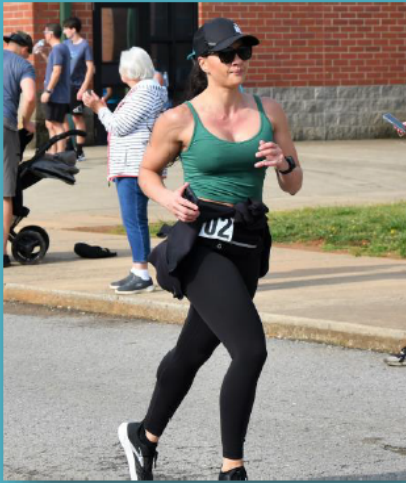
Before



After

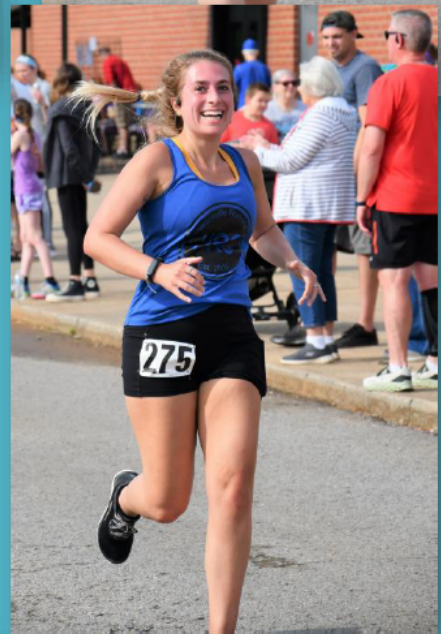


Strawberry Stride 5K



May 13, 2023

Strawberry Stride 5K



May 13, 2023

Strawberry Stride 5K



May 13, 2023

Strawberry Stride 5K



May 13, 2023

Goodlettsville Classic



4 Mile and 1K Race

July 15, 2023

to benefit the Goodlettsville Help Center

to register go to

www.runsignup.com/goodlettsvillefourmileclassic

or use the QR code below



Funrunner Rewind: Soldiers In The Rain

Reprinted from January 1979 Funrunner

By Bruce Dan

The Interaction between a dry cold Canadian air mass and a moist gulf warm front displayed its violence on the battlefield of middle Tennessee and with it brought flash floods to the Nashville area. But despite the weather, I had scheduled 6 miles for that day and was determined to run the 5.8 at Percy Warner.

There was a small rest in the storm near 5:00 and I took off in the dark up the first hill with only a mist gently alighting on my rain suit. I tripped slowly up the course, alone, watching the rivulets of water joining others to make rivers down the park slopes.

I deftly avoided puddles - enjoying the total freedom of a runner through the woods. Soon the beginning of three mile hill loomed ahead and if to accentuate its presence, the skies opened up with a drenching I had never

before experienced. The winds flung the immense drops like missiles down on my head and water gushed onto the road.

It became obvious that I was getting soaked. No amount of footwork could save my shoes and socks, so I threw back my hood, opened the zipper to my suit and sauntered up the hill drowning in the storm. The rest of my journey was just plain fun - a child playing outside; mixed with the feeling of fortune that I could enjoy this experience.

I finished the run with rain still descending - taking off my clothes - wringing them out in a futile attempt, when a dim figure in an orange rain suit came jogging up Belle Meade Boulevard. Soon the bright smiling face of Tom Frist came into view. We stood there laughing at each other - the only two fools in town and feeling lucky we were.



Memorial Day Dash

Memorial Day Dash 5K



May 29, 2023

Nashville Striders Announce the Peter Pressman Scholarship Winners 2023-2024

By Kathy Bell

The Nashville Striders Board of Directors is pleased to announce that **Hannah Greenwell** and **Ben Hattan** are the winners of our 2023-2024 Peter Pressman College Scholarships. Congratulations! Thanks to the students and also their families for taking the time to apply, and for supporting the Nashville Striders. Both Hannah as well as Ben are previous winners of the Peter Pressman Scholarship. A maximum of four \$1,000.00 scholarships were available to high school seniors and undergraduates.

Hannah Greenwell will be a junior this fall at the University of Kentucky campus located in Lexington, KY. She continues to major in Agriculture and Medical Biotechnology and wants to pursue a career in Optometry and plans to attend Optometry School after graduation. At the time of her application Hannah had a 3.6 GPA. Hannah continues to enjoy running, walking and working out at the gym on campus and according to one of her friends that recommended her for a scholarship award, works very hard to close her rings on her Apple watch every day!! While not able to participate in Nashville Strider events when in school, Hannah is very active in her sorority which hosts a 5K for their philanthropies - Prevent Child abuse America (PCAA) and The Nest Center for Women, Children, and families. All of the proceeds from the 5K go to support these two organizations.



Ben Hattan will be a Sophomore this fall and continues to attend the University of Georgia (UGA) located in Athens, GA. Ben's school counselor, teachers, and track coach continue to describe him as a leader on and off the running field. Ben is majoring in Accounting and as of his application, had a 3.9 GPA. Since going to UGA last fall, Ben is active in several organizations: Theta Chi Fraternity, UGA Extra Special People, where he volunteers to help create opportunities for people with disabilities and their families in the Athens-Clark county area and UGA Reformed University Fellowship where he attends a large group worship each Wednesday and also participated in a freshman-only Bible study every Tuesday. While Ben is not currently active in any local running organizations, he has been able to utilize his running to explore and learn about his new surroundings in the Athens, GA area as well as utilize his runs as a way to rebalance himself in times of stress during his first year away from home at UGA.



Background on the Peter Pressman Scholarship Program - The Board named the scholarship program for Peter in April of 2018. This is the eighth year that the Nashville Striders Board of Directors has offered college scholarships as a member benefit. We plan to offer similar opportunities next year. Scholarship application forms for the 2024-2025 school year will be available January 15, 2024, on the Nashville Strider website. For more information, click the following link: <http://www.nashvillestriders.com/scholarship/>

More about the Peter Pressman Scholarship Program - Current high school seniors and undergraduate students can apply for the 2024 - 2025 scholarship between January 15 and March 15, 2024. Applicants must be graduating High School seniors seeking to further their education at a university, college or technical school or full-time undergraduate students at a university, college, or technical school.

To be eligible applicants must:

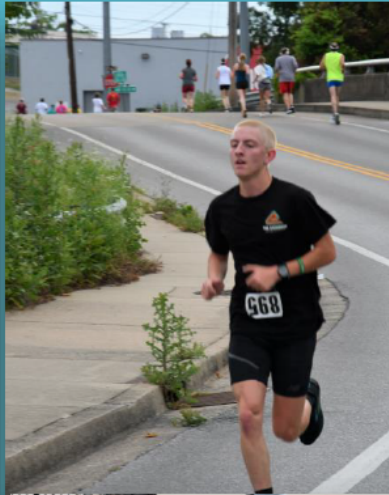
- Be an Individual or Family member of Nashville Striders in good standing for at least one calendar year or
- Be a student of parents or legal guardians who are members in good standing for at least one calendar year.
- Submit a complete application with a signed endorsement by a parent or legal guardian.
- Be a graduating High School senior or an undergraduate student (at least 12 semester hours).
- Provide evidence of involvement in or commitment to running/walking related activities.
- Supply letters of recommendation or reference from coach, teacher, trainer, or someone familiar with you and your running/walking activities involvement or commitment.
- Submit an application and all related documents to Nashville Striders Scholarship Committee during enrollment period January 15th through March 15th for the upcoming school year. All application materials must be received by the Nashville Striders by March 15th.

EVALUATION CRITERIA (no particular priority):

- Satisfactory academic achievement to be judged by Nashville Striders Scholarship Committee
- Essay content
- Extent of volunteer participation in Nashville Striders events
- Coach's and references' recommendations
- Participation in running/walking related activities
- Participation in other extracurricular activities
- Consideration to first time applicant(s)
- Involvement in an interview may be requested at the discretion of the Scholarship Committee

If you have questions, please contact Kathy Bell, Peggy Stanfield or Bill Cohen, or send an email to stridersscholarship@gmail.com.

Memorial Day Dash 5K



May 29, 2023

Memorial Day Dash 5K



May 29, 2023

Funrunner Rewind: Intervals Can Be for Everyone

Reprinted from January 1979 Funrunner

By Dave Crowe

The following is a condensation of the first in a series of several articles by Bill Bowerman taken from Runner's World beginning October 1978. (Edited by Dave Crowe)

“Intervals have much to recommend. They offer the best method I know for learning pace judgement and a feel for distance, both of which are essential in all running. To avoid going into early oxygen debt, you should be able to judge and budget your resources and expend them wisely. Sufficient interval training is valuable for achieving the ability and the discipline to do what you intend to do while you are running.

Of the hundreds of athletes who have used my training advice, I believe most have progressed rapidly and steadily toward their potentials on routines that include about 25 percent interval work.

Intervals have some drawbacks. One is risk of injury. This is why I recommend no more than one day of intervals a week.

Although interval training is essential for some purposes, it does not provide total conditioning nor the necessary practice of sustained running. In order to be able to use it to your best advantage, all that you learn through intervals about pace judgement, pace variation, technique, your own strengths and weaknesses, you need to “get it all together” through many training runs close to your chosen distance, sometimes longer.

How do you decide what intervals, how many and at what pace? Whether you are a beginner, one of those adults fallen into uncomfortable fitness or an accomplished athlete, I advise starting with what is manageable for you. That might be defined more precisely as not more than 100 meter, to be repeated 5-10 times at a pace you can comfortably run a mile, with appropriate rest between each run interval. Do not try to do your series of 100 meters at the pace which is comfortable for the first 100.

Because a four minute mile is not the prime objective of a distance runner, and is probably not yours, do not try to run intervals at that pace. Instead, figure your pace for a brisk but comfortable mile and try to do your repetitions of 100 meters at that pace. Remember that the discipline and the accuracy of judging the time are what you are working for, not how fast or how many intervals you can do.

The exact number of intervals to be done at any one workout should be dictated by how many you can finish with a feeling of exhilaration, not exhaustion and without slowing your pace. If it is not comfortable for you to do a fifth or sixth interval at the pace of the first, choose a slightly slower pace to begin your next workout. Repeat the same pattern each week until you can do your chosen number of intervals at your chosen pace with a margin of error

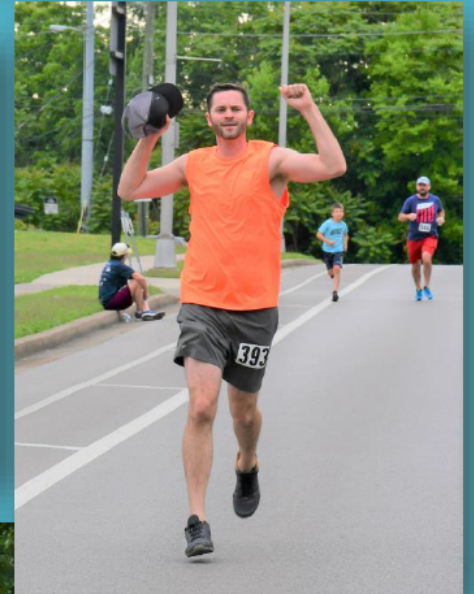
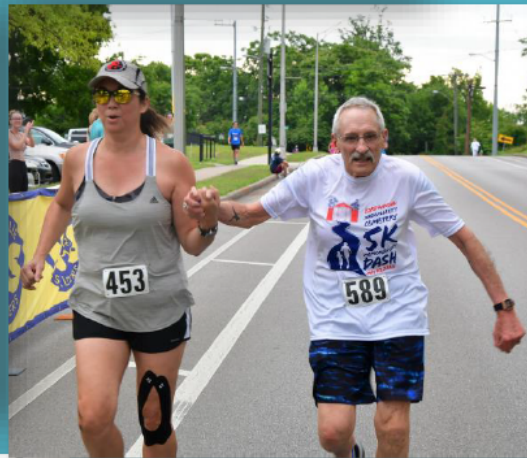
no greater than two seconds faster or slower for each 100 meters.

As your pace judgement improves and the workout becomes increasingly easy, increase the length of some intervals to 200 meters, then to 300 meters, working to hold the same steady pace at each distance.

If you are aspiring to run six miles or longer, you will gradually extend your intervals to 800 meters or even a mile. The total distance to be covered in any one workout, however, should seldom exceed six miles.

The pattern of rest between intervals depends upon an individual's recovery ability. Until you are acquainted with yours, the best rule is to follow each running interval with an equal distance of walking or jogging.

Memorial Day Dash 5K



May 29, 2023

Memorial Day Dash 5K



May 29, 2023

Memorial Day Dash 5K



May 29, 2023

STRIDERS MILLERS

2023

First Name	Last Name	Total
Kathy	Bell	275.40
David	Bender	333.00
Robin P.	Bible	690.33
James	Blaney	509.93
Maureen	Boling	217.40
Dave	Bordenkircher	217.00
Cheryl	Brown	273.76
Zane	Cantrell	573.00
Keith Sr.	Caruso	1,073.52
Sabrina	Childers	854.11
Dennis	Christian	531.70
Bill	Cohen	61.00
Virginia	Dennis	212.00
Ida Franco	Dowdy	254.80
Heather	Dye	129.00
Dennis	Falconberry	527.53
Kevin	Fox	479.80
Brent	Fuqua	77.00
Tuffy	Gordon	196.27
Beth	Gottlieb	784.50
Christopher	Grant	183.10
Tami	Greenwell	277.18
Liz	Hancock	315.07
Beth	Hanson	761.95
Jerri Ann	Head	186.93
Don	Heintz	219.00
David	Holder	494.00
Janet	Jernigan	329.00
Jessica	Johns	405.30
Jennifer	Kimball	180.00
Deborah Burris	Kitchen	138.00
Terry	Long	40.30
Dolores	Lucas	286.20
Jennifer	McCormick	215.60
Will	McCormick	325.80
Don	Mersman	135.09
Gloria	Mersman	313.06
Nick	Nicholson	908.00
Amanda	Pedigo	412.00
Roseanna	Pollard	664.00
Paul	Putnam	941.40
Michael	Renwick	506.90
Bridget	Rogers	895.50

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S. Trent	Rosenbloom	499.00
Frank	Schmidt	455.00
Vicki	Schmidt	545.30
Kristi	Seehafer	424.26
Maria	Shircel	530.00
Charles	Sisk	417.00
Helen Shivak	Smith	526.00
Tamra	Smith	457.20
Eric	Stiles	405.30
David	Stock	837.19
Mickey	Sullivan	243.97
Nancy	Sullivan	239.00
Chris	Thompson	477.00
Lee Ellen	Trenner	735.28
Steve	Tudor	375.59

**2
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2
3**

www.nashvillestriders.com

**Send your miles for 2022 to
striders.milers@gmail.com**

**For a complete list of rules for the
Striders Milers, visit
<http://www.nashvillestriders.com>**

Run & Walk tab



Nashville Striders Give To Nashville Rescue Mission

By Liz Hancock

At our December Holiday Party Nashville Striders Members were asked to donate to the Nashville Rescue Mission. Nashville Striders board members Peggy Stanfield, Becca Oberlander, and Liz Hancock, along with volunteer Ronnie Tosh, presented Cheryl Chunn, Development Director at the Nashville Rescue Mission, with a donation check last month. The Striders matched funds collected from members at the Holiday Party for a total donation of \$600. These funds will help the over 800 men, woman, and children the Mission serves on a daily basis. Thank you to everyone who contributed!



RACE CALENDAR

- This list comes from a variety of sources. Many have no race day registration. Call and confirm these
- races before traveling to an event. Send info and/or changes by the 1st of the month for the following
- month's issue to: Peggystanfield@comcast.net

—————*July 2023*—————

Saturday July 15

Goodlettsville 4 Mile Classic

Moss Wright Park 7:00 AM

See Ad below

Saturday July 29

Peter Pressman Memorial 5K,

This will be a morning run.

Be on the lookout for more details on our website or in emails.

Saturday July 22

NSC Dash at the Castle 5K Night Run

GEODIS PARK, 8:00PM, 501 Benton Ave.

Nashville, TN, 37203

Info: <https://runsignup.com/Race/TN/>

[Nashville/NSCDashattheCastle5KNightRun](https://runsignup.com/Race/TN/Nashville/NSCDashattheCastle5KNightRun)



Goodlettsville Four Mile Classic
A true runners race July 15th, 7am Moss Wright Park

Go for the Glory!

Overall Winner gets new running shoes from Team Nashville.
Certified 4 Mile Course - set a state record
Multitudes of Medals- All age groups awards are three deep

Go to [run signup.com/Race/TN/Goodlettsville](https://runsignup.com/Race/TN/Goodlettsville)



CHANGE SERVICE REQUESTED

Nashville Striders, Inc.
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Memorial Day Dash

