

**NASHVILLE STRIDERS LONG RUN  
TRAINING SERIES FOR THE  
ST. JUDE ROCK N ROLL  
MARATHON & HALF MARATHON  
WINTER/SPRING 2017**

**(All runs will have options for less mileage)**

**7:00 AM—Saturday, January 28**

**Bongo Bob's Bongo-to-Bongo—14 Miles**

Leave from Bongo Java in East Nashville @ 11<sup>th</sup> & Woodland to Bongo Java on Belmont Boulevard plus a 4+ mile loop of the RNR course and return.

**7:00 AM—Sunday, February 12**

**Tour from the Trestle—16 Miles**

Leave from the train trestle parking lot in Shelby Bottoms. Run a loop around the pond to the park entrance then on to the Shelby Bottoms Greenway, over the pedestrian bridge for a portion of the Stones River Greenway before heading back to the trestle

**8:00 AM—Saturday, February 25**

**Sam's Place Run/Brunch—18 Miles**

6051 Hwy 100, Nashville--Route will include Belle Meade Blvd, Post Road and the Richland Creek Greenway. Plan on staying for fellowship, brunch and Striders Milers Awards Presentation at Sam's Place.

**7:00 AM—Saturday, March 11**

**The Back Side—20 Miles**

Leave from Nissan Stadium parking lot across from Shoney's. Run 2 miles to 11-mile mark (Jefferson & Rosa Parks Blvd.) Then follow Marathon Course from 11 through 26 to finish back at Titans' Stadium and a few additional miles around the stadium to round out 20 miles.

**7:00 AM—Sunday, March 26**

**Stones River Stroll—20 Miles**

Leave from Wave Country. Run toward Percy Priest Dam (16 mile out and back). Then run over pedestrian bridge into Shelby Bottoms for additional mileage.

**7:00 AM—Sunday, April 9**

**20 Miler**

**Route to be determined...**

*Information for any of the above runs:*

*Peter Pressman: [pasta4run@aol.com](mailto:pasta4run@aol.com)*

*Call/text: 615.293.8862*

*Diana Bibeau: [diana.bibeau@gmail.com](mailto:diana.bibeau@gmail.com)*

*Call/text: 615.347.5822*

***These runs are subject to change, please watch our website for updates, or call to confirm dates and time.***

- **FLUIDS PROVIDED AT ALL RUNS**