

**NASHVILLE STRIDERS
2017 SUMMER/FALL
LONG RUN TRAINING SERIES**

**6:00 AM—Sunday, August 20
Harpeth River Greenway –16 Miles**

Meet at Picnic Shelter #11
Edwin Warner Park

**6:00 AM—Sunday, September 10
Tour From the Trestle—18 Miles**

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

**6:00 AM—Saturday, September 23
Stones River Stroll—20+ miles or fewer**

Leave from Wave country. Run out to Percy Priest Dam then back to Wave Country (16 miles out and back). Then run over pedestrian bridge to Shelby bottoms for additional mileage

**Call/text/email for any of the above runs:
Peter Pressman 615.293.8862
Pasta4run@aol.com**

Since these runs are well into the future, and are subject to change, please watch our website for any updates, or call to confirm dates and time.

*** FLUIDS PROVIDED AT ALL RUNS ***
Volunteers appreciated for fluid stops
email: nstridervolunteer@gmail.com

These long runs target the Chicago Marathon weekend of October 7-8 for a 2-week taper.