

19th ANNUAL MEMORIAL DAY DASH 5K

Monday, May 28, 2018 – 7:30 AM

Proceeds to Benefit the Restoration of



Race Management provided by the Nashville Striders
Race Timing & Results by "A Matter of Timing"

Start / Finish in front of Adventure Science Center – 800 Fort Negley Blvd.
Loop around Fort Negley and through Nashville City Cemetery

- Refreshments, Door Prizes, and Awards Ceremony following race
- Awards to Top 3 Overall Male/Female; Top Masters Male/Female; Top Grandmasters Male/Female; Top 3 Age Group Male/Female: 9 & under through 80+ in 5 year increments
- Nashville Striders Grand Prix 2017 - 2018 Series Event / *Striders Members receive \$3 discount Early Registration
- Prize for runner with Best Patriotic running attire
- Registration Fee: \$30 Early Registered (thru 4/30); \$35 (thru 5/25) and \$40 Race Morning
- Race morning registration and packet pickup at 6:00 AM
- Parking available in lot across from Adventure Science Center
- Use of headphones discouraged; strollers lined up at rear; pets not allowed
- No refunds or transfer of race entries

Return registration form with checks payable to: **Nashville Striders**
P.O. Box 917
Madison, TN 37116

Info: (615) 958-2282

Nashvillestrider@aol.com

register online at www.active.com

First Name

Last Name

Age on Race Day

Sex (M / F)

T-Shirt Size (S, M, L, XL, XXL)

DOB: / /

[Guaranteed only early registered by 5/25]

Mailing Address

City

State/Prov. Zip/Postal Code

_____ - _____

Telephone Number

E-Mail Address

() - _____

Signature: _____

(Parent or
Guardian if
minor)

Date: _____

Waiver: I understand that I should not enter and participate in the Memorial Day Dash unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to complete this event safely and I further agree that event officials may authorize necessary emergency treatment for me. In consideration of acceptance of this entry, I intending to be legally bound, hereby, for myself and event officials, waive and release any and all right and claim for damages I may have or that may hereafter accrue to me against all sponsors, contributors, supporters, and officials associated with this race, their representatives, successors and assigns for any injuries incurred by me during, because of, or in travel to or from race or event. My only way to receive official race time is to wear my assigned bib number pinned to front of my outer running shirt. Event may be postponed or cancelled due to severe weather, natural disasters, or threats to local or national security.

Official Use Only

