

Nashville Striders Wild Thang 9 Mile Trail Run*, 5K* & Striders Cookout



Nashville Striders' Grand Prix Series Races

Registration Form

Date: Saturday, August 18, 2018

Time: Both races start @ 8:30 AM (Park opens @ 7:00 AM) – Cookout after the races.

Location: Trail Run and 5K will start at **Long Hunter State Park Couchville Lake parking lot:** 2910 Hobson Pike, Hermitage, TN 37076 (I-40 – Exit 226 South, follow SR 171 to Park on left; I-24 – Exit 62 North and follow SR 171 to Park on right).

Registration **Pre-Registration** - \$30.00 5K/ \$35.00 Trail Run (postmarked by 8/14, online midnight 8/16)
Race Day Registration -\$35.00 5K/\$40.00 Trail Run

Trail Run & 5K: \$5.00 discount for current Striders members (pre-registration only)
 T-Shirts guaranteed only to pre-registered runners.

Divisions: Awards will be given to the top three finishers in each division for each race: Divisions will be in 5-year increments starting at 9 & under then up to 80+. There will also be awards for overall open, masters and grandmasters.
Timing by A Matter of Timing

Courses: **Trail Run:** Out and back on park road then enter Bryant Grove trail that follows the lakeshore of J. Percy Priest Lake through hardwood forest & over rock outcrops (out and back on the trail).
5K: All paved course out & back on park road then a beautiful shaded loop around Couchville Lake.
(Pets are not allowed at Couchville Lake. No strollers on trail run.)

* * * * *

First Name _____ Last Name _____

___5K ___Trail Run Age _____ Date of Birth _____ Male ___ Female___

T-Shirt size ___S ___M ___L ___XL ___2X Phone _____

Address _____ City _____ Zip _____

Email Address _____

RACES ONLINE™
www.racesonline.com
 Registration closes Midnight 8/16

Make Check Payable and mail to:
Nashville Striders
Wild Thang
 P.O. Box 917
 Madison, TN 37116

Additional Information:
 Nick Ged
 615-751-7377 call/text
 nickged@bellsouth.net
Contact Nick for online discount code

Waiver (Every participant must sign.)

In consideration of your acceptance of this entry, I for myself, my heirs, devisees, executors, administrators, and assigns hereby waive, release and discharge any and all claims against the officials or the sponsors of the 2018 Nashville Striders Wild "Thang" Trail Run 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.

Signature of entrant _____ **Date** _____ **Guardian's signature if under 18 years of age** _____