



## **INTRODUCING THE NASHVILLE STRIDERS 2018 SUMMER-FALL GROUP RUN/WALK SERIES**

Runners and walkers of all paces and distances are welcome to come enjoy a run/walk of their chosen distance with old friends and make new friends along the way. We welcome members and non-members to participate at no cost.

The Nashville Striders will stage each run/walk from Wave Country parking lot at Two Rivers Parkway exit off TN 155/Briley Parkway North. Participants will have the option of a flat route by going over the pedestrian bridge and onto the Shelby Bottoms Greenway or a rolling hills route by heading toward Percy Priest Dam on the Stones River Greenway. The distance you want to run or walk is up to you (1 mile to 20 miles or more).

Fluids will be provided at Wave Country and a few self-service stops set up along the route. The locations will be announced at the beginning of each run.

### **Dates and Times\***

Saturday, August 11 - 6:30 AM

Saturday, August 25 - 6:30 AM

Saturday, September 15 - 7:00 AM

Saturday, September 29 - 7:00 AM

Saturday, October 27 - 7:30 AM

Saturday, November 10 - 7:30 AM

\* These dates don't target a specific fall marathon/half marathon weekend giving people a variety of options throughout the summer and fall to run/walk with a group based on individual training/race dates and have fluids provided along the route.



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