

**Nashville Striders Cross Country Series**  
**Thursday, August 13<sup>th</sup>**  
**Vaughn's Gap-Percy Warner**  
**High School and Middle School**

**Race Time**

- 6:30 pm for everyone

**Arrival Times**

- At least 45 minutes prior to your race

**Directions**

General Directions

From Brentwood, head west on Old Hickory Blvd until it dead ends into Highway 100 (about one mile past the Steeplechase)

Turn right on Highway 100

The course (and parking lot) will be on your right

Link on Google Maps:

<http://maps.google.com/maps?f=q&hl=en&geocode=&q=37027&ie=UTF8&ll=36.060305,-86.902671&spn=0.013912,0.042143&z=15>

**Contact Information**

Mike Carmody 974-3113

Bonnie Carmody 481-9559

**You do not need to wear your uniform to this race.**

***Please complete the following waiver and bring to the race.***

**Waiver** (Every participant must sign) \_\_\_\_\_ Date \_\_\_\_\_

(Parent or guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

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 2009 Nashville Striders Cross Country Series 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.