

Nashville Striders Cross Country Series
Thursday, August 20th
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.