

GREENWAY HALF MARATHON

Nashville, TN, Sunday, September 30, 2018

Welcome to 3rd Annual Half Marathon on Stones River Greenway

Start and Finish: at Percy Priest Dam Trailhead. Race starts at 7:30 AM central time.

GPS Address: 3778 Bell Road, Nashville, TN 37214.

Certified course (TN16010MS): out and back to Heartland Park.

Turnaround at boat ramp across soccer fields. Hills at miles 2, 5, 9 and 12.

Distance: 13.1 miles (21K). Water and Gatorade at every 3 miles (more if warm weather).

Interactive course map at

<https://www.runningahead.com/maps/8a67ec7eb34e44ed8f03c8c4bf4576a4?unit=mi&map=roadmap>

Host hotel: Airport Inn (Motel 6), 701 Stewarts Ferry Pike, Nashville (615-889-9199).

Pre-registration: at **Reg2Run.com** or get printed form at **FrostbiteRC.org**

Free Parking: at Stones River Greenway Percy Priest Dam Trailhead.

Packet pickup: on race day only, at trailhead.

Race Day Registration: from 6:30 – 7:25 AM.

Commemorative short sleeve, technical shirt to all registered. **Medals** to all finishers.

Special Award: to top three overall male and female winners. Ten-year age group awards (top 3).

Entry Fee: \$40.00 (checks payable to Frostbite RC).

Race Day \$60.00.

Mail registration to: Greenway Half Marathon, 205 Woodland Court, Hermitage, TN 37076.

Race Director: Tomas de Paulis, Frostbite Running Club (615-390-6977) Tomasdepaulis@att.net

Name: _____

Address _____

City: _____ State: _____ Zip: _____ Shirt Size XS S M L XL 2XL

Email: _____ Age: _____ DOB _____ Sex: M F

Waiver of liability: The undersigned participant on the behalf of him/herself and personal representatives, assigns, heirs and executors, hereby fully and forever waives the right to sue any of the sponsors, the Frostbite Running Club, Road Runners Club of America, Greenway Half Marathon, or City of Nashville and Metropolitan Parks and Recreation from all liability for all losses and damages for injury or death as the result of participating in Greenway Half Marathon on September 30, 2018. The entry fee is non-refundable or transferable. By signing, I acknowledge that I have read and accept this waiver.

Signature _____ Date _____

(Parent signature if under 18)