

GREENWAY MARATHON

Nashville, TN, Sunday, September 30, 2018

Welcome to the 7th Annual Marathon on 3 Metro Greenways: Stones River, Two Rivers, Shelby Bottoms

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

Address: 3778 Bell Road, Nashville, TN 37214

Certified course (TN15038MS): out and back to Shelby Park. Hills at miles 2, 7, 18, and 24.

Distance: 26.2 miles (42K). Water and Gatorade at every 3 miles (more if warm weather).

Interactive course map at

<https://www.runningahead.com/maps/7bede5b3daa94bfca54c510436a21714?unit=mi>

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 Trailhead.

Packet pickup: on race day only, at trailhead registration.

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

Commemorative Medal: 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 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: _____

E-mail: _____ Age: ____ DOB _____ Sex: M or F Shirt Size _____

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 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 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)