



10th annual

flat and fast certified courses

Shelby Bottoms Boogie Benefiting CASA

15k RUN & 5k RUN/WALK/BOOGIE

15k is part of Striders 2009-10 Grand Prix

proudly sponsored by: **The Nashville Striders**



date: September 26, 2009

Registration starts at 6:00am at riverview picnic shelter

location: Shelby Park/Shelby Bottoms

1601 Davidson St., Nashville, TN 37206

time: 5k 7:30am / 15k 7:40am

5k = 3.1 miles / 15k = 9.3 miles

entry fee: \$27 pre-registered by 9/25

\$30 on race day

\$2 off for Nashville Striders or GYM5 members who pre-register

Race registration* is now open, with 3 easy ways to sign up to boogie!

- Send the portion below with check payable to: **Nashville Striders, Inc.** P.O. Box 917 Madison, TN 37116. **Qs: call Peter Pressman 615.794.7171, email pasta4run@aol.com or go to www.nashvillestriders.com.**
- Register online at www.active.com. Search for the link to the **Shelby Bottoms Boogie 15k/5k** race benefiting CASA. You can also go to www.casa-nashville.org for additional race details & info!
- Register in person at **GYM5** located at 952 Main Street in East Nashville and receive a 1-week gym pass. Join the gym within that week of using your pass and get your enrollment fee waived!

*** all pre-registered racers will receive the 10th anniversary race t-shirt!**

RACE DAY AWARDS | Top 3 Overall Male/Female • Top 3 Masters Male/Female • Top 3 Grandmasters Male/Female • 5Yr. Age Groups (3 Deep) and 14 & under to 80+ (5K/10 & under)

Select Race Event 15k 5k Select T-shirt Size xl lg m s

sex

first name

last name

age

m

f

mailing address

champion chip #

city

state/prov.

zip/postal code

email address

phone w. area code

signature (parent or guardian if minor)

date



WAIVER: I, by entry into this event, release for myself and anyone on my behalf The Nashville Striders, Inc., the Metropolitan Government of Nashville and Davidson County, all sponsors and anyone or other organization involved in the event, their employees, agents or representative, from all claims or liabilities of any kind of nature whatsoever arising out of my voluntary participation. I know that running is potentially dangerous and assume all risks. If I decide to use a ChampionChip for official time and I lose it or fail to return it, I agree to pay a \$30.00 replacement fee.

For more information about the Shelby Bottoms Boogie contact Jenny Magill at 615.425.2383 or email: jmagill@casa-nashville.org