



menchie's

SOUTH NASH DASH

COMMUNITY 5K 2010

**RUN/JOG/WALK
STROLLER PUSH
PET WALK
SIDELINE CHEERERS**

**PARTY AFTER THE RUN!!
LIVE BANDS
GREAT FOOD
LOCAL VENDORS
FARMERS MARKET
GIVEAWAYS**

September 18, 2010

8:15 am (7:00 am registration)

Lenox Village Pavillion

The South Nash Dash is dedicated to serving the South Nashville area by promoting neighborly good will to residents, businesses, those in the community who are in need.

Entry Fee: \$25 per participant

Make checks payable to "Maxx V" or register online at www.active.com.



www.SouthNashDash.com

Pick up registration forms with a discount code at:



6900 Lenox Village Drive, Suite 6, Nashville, TN 37211
(615) 730-7855



2206 8th Avenue South, Nashville, TN 37204
(615) 457-2127

Name _____ E-Mail Address _____

Address _____ City _____ State _____ Zip _____

Phone (daytime) _____ Male/Female _____ Age _____

T-Shirt Size *Only pre-registered participants will be guaranteed a t-shirt and their preferred t-shirt size.*

CHILD Small Medium Large
ADULT Small Medium Large X-Large XX-Large

RACE NUMBER

I know that running/walking a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry to participate in the South Nash Dash (herein after the "Event") to be held on September 18th, 2010 in Nashville, Tennessee, I, intending to be legally bound, do hereby for myself, my heirs, my executors and administrators agree as follows:

1. I do waive and forever release any and all rights and claims for any damages and liabilities of any kind arising out of my participation in the Event against all persons, entities and agencies involved with promoting and holding the Event, including but not limited to Maxx V., all of the subsidiary corporations of Maxx V., Lenox Village Community, all sponsors, volunteers and vendors of the event, their agents, successors, representatives and assigns even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.
2. I assume the risk of all bodily injuries, including death, resulting there from, and personal injuries to me and damage to and loss of my property, including loss of use thereof and any other indirect or consequential damages, resulting directly or indirectly, wholly or in part, from my participation in the Event and while traveling to and from the Event.
3. I hereby agree, for myself and/or for a minor under the age of eighteen for whom I am signing, to indemnify, defend, and hold the entities named above harmless from and against any and all claims, liabilities, losses and damages, costs, expenses (including attorney's fees) judgments and penalties arising out of any of my, and or said minors, acts or omissions to act:
4. I understand that the Event reserves the right to use any and all participant's names and/or likeness with regard to promotional and/or advertising materials.
5. I understand that all entry fees are non-refundable.

RUNNERS SIGNATURE _____

PARENTS SIGNATURE (if participant is under age 18) _____