Runnin' to Beat the Blues

A Benefit for the Mental Health Association of Middle Tennessee

A Run for Mental Health and Wellness

Centennial Park
Saturday, March 27, 2010
5k Run/Walk and 1 Mile Run/Walk

Event: 5K ___ 1 Mile ___

First Name

Last Name

Age Sex: M or F Date of Birth

Mailing Address

City State

Zip/Postal Code Telephone

E-Mail Address

(only pre-registered guaranteed)

T-Shirt: YL ___ S ___ M ___ L ___ XL ___ XXL ___

Entrant Signature: _____

(Parent or Guardian if minor)

Date: _____

WAIVER: I, by entry into the **2010** ***Runnin' to Beat the Blues*** **5K and One Mile Run/Walk** release for myself and anyone on my behalf, the Mental Health Association of Middle Tennessee, 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. I grant full permission to use my likeness for legitimate purpose. 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.

USATF Certified 5k and 1 Mile Courses. Race Managementprovided by Nashville Striders. Runnin' to Beat the Blues 5k is included in the 09-10 Nashville Striders Grand Prix Series.

Opening Minds for 60 Years

Mental Health Association
OF MIDDLE TENNESSEE

Proceeds from Runnin' to Beat the Blues support the programs and services of the Mental Health Association of Middle Tennessee (MHAMT). The MHAMT promotes mental health for all people through education, advocacy, and service.

Official Use Only

Race Day Schedule
6:00 a.m. Registration Begins
7:30 a.m. 5k Run/Walk Begins
8:45 a.m. 1 Mile Run/Walk Begins
9:00 a.m. Awards Ceremony

Prizes & Awards Structure
5k Overall: Dick's Sporting Goods bonus certificates and cash as follows: 1st - $100 and Mizuno Shoes; 2nd - $50; 3rd - $25

5k – Top 3 Overall Male & Female, Top 3 Masters Male & Female, Top 3 in Age Group Male & Female (in 5 year increments)
1 Mile – Top 3 Overall Male & Female, Top 3 Masters Male & Female, Top 3 in Age Group Male & Female (Youth 18 & under in 3 year increments, Adults 19 & over in 10 year increments).

Registration Rates: (please check appropriate box)

Registration:	by 3/25/10	Race Day
☐ 5k	$25	$30
☐ 1 Mile	$15	$17
☐ 5k & 1 Mile	$35	$40

☐ Optional donation to Mental Health Association of Middle Tennessee (tax-deductible) $_____

Total Amount Enclosed $_____

Method of Payment:
Make checks payable to "Mental Health Association of Middle Tennessee."
☐ Check #_____ ☐ Cash ☐ American Express
☐ Visa ☐ MasterCard
Card #_____ Exp. _____

Return this form together with payment. Mail or deliver registration entries to the MHAMT at P.O. Box 100386, Nashville, TN 37224. Direct inquiries to 615-269-5355 or visit ichope.com.

Special thanks to our generous sponsors:

BHC... a path to serenity · AutoPilot · HCA TriStar Part of the HCA Family of Hospitals · Rolling Hills Hospital · Regions · Johnson & Johnson · Vanderbilt Psychiatric Hospital · Saint Thomas Hospital We're here for life. · ESa · Kidlink Network · Tennessee Lives Count "Giving Hope, Saving Lives" · Every Season Starts at Dick's Sporting Goods

Register online at www.ichope.com