

PURITY DAIRIES & VOLUNTEER EXPRESS PRESENT
THE 10TH ANNIVERSARY

MOOSIC CITY DAIRY DASH

April 10, 2010 • Metro Center • Nashville, Tennessee

Volunteer Express 1 Mile Wunder Fun Run begins at 7:45 a.m.

Purity 5K / 10K begins at 8:15 a.m.

Both courses are fast, flat and certified • Timed using the ChampionChip® System

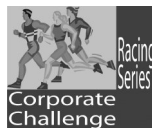
Registration Fees

- Purity 5K Run/Walk Pre-Race: \$25
- Purity 5K Run/Walk Day of Race: \$30
- Purity 5K Family Pre-Race (up to 3 people): \$60 plus \$20 for additional family members

- Purity 5K Family Day of Race (up to 3 people): \$75 plus \$25 for additional family members
- Purity 10K Run Pre-Race: \$30
- Purity 10K Run Day of Race: \$35
- Volunteer Express Wunder Fun Run: \$10, \$35 for Family of 4

Registration

- ★ Register online at www.active.com or at www.puritydairies.com/dairydash/
- ★ Mail this registration with payment to: **Purity's Moosic City Dairy Dash, P.O. Box 100047, Nashville, Tennessee 37224**
- ★ Early registration & pre-registered pickup from 2-6:00 p.m. at the Springhill Suites lobby, 250 Athens Way in the Metro Center.



CORPORATE CHALLENGE (5K only)

- For team registration contact cwind5621@comcast.net
- For Corporate Challenge info: www.nashvillecorporatechallenge.com

Awards

- **GRAND PRIZE:** Overall male and female winner will receive a 1-year supply of Purity Ice Cream.
- **AWARDS** will be given in both 5K & 10K to the top 3 finishers in the Overall, Masters, and Grand Masters categories and the top 3 finishers in each of the age categories: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ and Wheelchair.
- **Wunder Fun Run Awards** will be given to the top 3 finishers, 14 and under in the Overall, and in each of the following categories: 5 and under, 6-7, 8-9, 10-11, and 12-14.

Perks & Swag

- Commemorative long sleeve microfiber technical shirt.
- Moosic City Silent Auction
- Door prize drawing prior to Awards Ceremony.
- Free refreshments

Directions

Take I-65, exit 85 to Rosa L. Parks Boulevard. Race headquarters will be located at Athens Way & Rosa L. Parks Boulevard In the Metro Center.

Important Information

- 10K is a Nashville Strider Grand Prix Event.
- Use of headphones/MP3 players is discouraged.
- Strollers are welcome, and should line up at the rear at the start. **No pets allowed**
- 10K Course open for 1½ hours.

2010 MOOSIC CITY DAIRY DASH REGISTRATION FORM

First Name										Last Name										\$ _____ I would like to make a donation to the American Cancer Society	
Age										Sex: M or F		If you own a ChampionChip enter the number here				Size: S M L XL XXL					
5K Run/Walk		5K Run/Walk Family of 3		10K Run		Wunder Fun Run		Wunder Fun Run Family of 4		Wheelchair Division											
Mailing Address																					
City												State				Zip Code					
Area Code				Telephone Number				E-mail Address													

Signature: (Parent or Guardian if Minor)

Date:

Waiver: I know that running is a potentially hazardous activity. I should not enter and run the race unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely conclude the run. I assume all risk associated with running including, but not limited to, falls, contact with other participants, the effects of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Purity Dairies 5K Run, 10K Run, etc. The Metropolitan Government of Nashville and Davidson County and its employees, all sponsors, their directors, officers, employees, agents, representatives and successors from all claims or liabilities of any kind or nature whatsoever arising out of my voluntary participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named on this waiver. I further agree to abide by the laws of the State of Tennessee regarding consumption of alcoholic beverages before, during and after the Event, and by not doing so, waive any and all rights I and my guests may have with regard to this Event. **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.**