

Hustle For the House

5k & 1 Mile Fun Run



RONALD McDONALD
HOUSE CHARITIES
NASHVILLE

BENEFITTING RONALD McDONALD HOUSE CHARITIES OF NASHVILLE

SATURDAY, SEPTEMBER 17, 2011

Ronald McDonald House • Nashville, TN

1-Mile Fun Run begins at 7:30 a.m. • 5K begins at 8 a.m.

Both courses are certified • Timed using the ChampionChip® System

Registration Fees

- 5K Run/Walk
 - Before 9/9: \$25
 - 9/10 – Day of Race: \$30
- 5K Run/Walk Family – (Up to 3 people)
 - Before 9/9: \$70
 - 9/10 – Day of Race: \$85
- 1-Mile Fun Run
 - Before 9/9: \$15 / 9/10 – Day of Race: \$20
- 1-Mile Fun Run – (Up to 3 people)
 - Before 9/9: \$40 / 9/10 – Day of Race: \$55
- Fido Run (Dog Registration)
 - \$10

Registration

- ★ Register online at firstgiving.com/rmhcncnashville/hustleforthehouse or at www.rmhcncnashville.com
- ★ Mail this registration with payment to: **RMHC of Nashville**, 2144 Fairfax Avenue, Nashville, Tennessee 37212
- ★ Registration & pre-registered pickup: Friday, September 16, 9 a.m. to 7 p.m. Nashville Ronald McDonald House 2144 Fairfax Avenue, Nashville, TN 37212
- ★ Help raise even more funds for **RMHC of Nashville!** Create a team / fundraising page or join an existing team today! Visit firstgiving.com/rmhcncnashville/hustleforthehouse to get started today!

Awards

- **5K AWARDS** will be given 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.
- **1-MILE 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.

Directions

- The race start and finish is at the Nashville Ronald McDonald House, 2144 Fairfax Avenue, Nashville, Tennessee 37212

Race T-Shirts

- All pre-registered participants will receive a commemorative race t-shirt.
- Day of race registrants will receive t-shirts on a first-come, first-served basis with limited size availability.
- All dogs registered in the Fido Run will receive a special treat!

Important Information

- Use of headphones/MP3 players is discouraged.
- Strollers are welcome, and should line up in the rear at the starting point.
- Follow us on FaceBook and Twitter.
- Questions? Call RMHC @ 615-343-4000 or email heather@rmhcncnashville.com

2011 HUSTLE FOR THE HOUSE REGISTRATION FORM

Detach the following and return to RMHC of Nashville with your payment.

First Name										Last Name											
Age										Sex: M or F		Adult Size: S M L XL XXL				Child Size: S M L					
5K Run/Walk		5K Run/Walk Family of 3		1-Mile Fun Run		1-Mile Fun Run Family of 3		Wheelchair Division		Fido Run for Dogs		Form of Payment: <input type="checkbox"/> Check* <input type="checkbox"/> MasterCard <input type="checkbox"/> VISA <input type="checkbox"/> AMEX <small>*Make Checks payable to RMHC of Nashville</small>									
Mailing Address										Card Number		Expiration Date									
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 Hustle for the House 5K Run, 1-Mile Fun 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.