

# FINAL INFORMATION

# MUSIC CITY JULY 4TH 5K

## Race Weekend Timeline

Please read the contents of this document to ensure you are race day ready!

### Pre-Race Packet Pickup

Sunday, July 2

Dick's Sporting Goods - Mt Juliet Location  
401 S Mt Juliet Rd #605, Mt. Juliet, TN 37122  
2:00 pm – 6:00 pm

Monday, July 3

Dick's Sporting Goods – West Nashville Location  
6812 Charlotte Pike, Nashville, TN 37209  
12:00 pm – 4:00 pm

### July 4<sup>th</sup> - Race Day

**Start & Finish Line:** E.S. Rose Park  
In front of Carter Lawrence Elementary

**Packet Pickup Opens:** 6:00 am

**5K Start Time:** 7:00 am

**Finish Line Festival:** 7:00 am- 10:00 am

*Start/Finish Line area is open to the Public.*

### HELPFUL TIPS & REMINDERS

- The event will be utilizing dynamic bib assignment and your race number will be assigned at check in
- You can pickup a packet for others and would be helpful to have their QR code and ID. If you are picking up for a group, please have a list of members
- Arrive early for race day to avoid traffic and delays
- At the start, line up according to your pace with faster runners to the front. This will allow participants to get into their pace at the start of the event.
- Wear your race number on the front of all clothing during

## Packet Pickup

We encourage runners to pick-up their packets prior to race morning to avoid long waits and start delays:

### Pre-Race Packet Pickup

**Location:** Dick's Sporting Goods  
Sunday – Mt. Juliet  
Monday – West Nashville



Saturday, July 2:

2:00 pm – 6:00 pm

Sunday, July 3:

12:00 pm – 4:00 pm

All in store shoppers will receive 20% off their purchase. See coupon for any restrictions.

### **Help Your Friends**

- You can pick up packets for others if you have a copy of their QR code and their ID
- When picking up multiple packets, please make a note of the participant's name on the back of the bib to avoid timing issues on race day.

### Race Day Packet Pickup - July 4<sup>th</sup>

**Start & Finish Line:** E.S. Rose Park

In front of Carter Lawrence Elementary

**Packet Pickup Opens:** 6:00 am

## Start/Finish Line

### START & FINISH LINE VILLAGE

The Start/Finish Line Festival area will be at Carter Lawrence Elementary Parking Lot in E.S. Rose Park. Within this area will be all the amenities you need for a successful race! Please refer to the Venue Map at the end of this document for the location of Packet Pickup, Porta Potties, Refreshments and MORE!

### PARKING INFORMATION

Parking is available near the start/finish line area in city-owned and private lots. Please refer to this [link](#) for a map of the locations. Please carpool as best you can!

E.S. Rose Park Locations:

- Carter Lawrence Playground Lot
- Sports Field Event Parking
- Community Center Parking Lot
- E.S. Rose Middle School Parking Lots
- E.S. Rose Park Upper Lot

Private Locations:

- Operation Stand Down
- PAID – Methodist Publishing

Street Parking (Please follow posted sign instructions):

- Archer Street
- 9th Ave South
- Olympic St

### GEAR CHECK

We will not have Gear Check offered for this event. Please plan ahead when determining what to do with your personal items.

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## Start

### START LINEUP

We ask that participants line up at the starting line based on their pace. This means that faster runners will start first followed by walkers. We will be releasing waves of runners to limit course crowding. Please listen for your estimated pace and start during that time.

### Timing

We will use ChronoTrack timing technology. To get an official race time and be included in results, participants **MUST** wear a bib number with timing device on front of body so they can be validated at the finish on camera.

## Course

The course will follow the route listed below. There will be one aid station passed at Mile 1 and 2 and will provide Water + Gatorade. Participants will have 1 hour to complete the course.

### TURN BY TURN

- Start at Rose Park on Edgehill Ave.
- Exit Rose Park onto Edgehill Ave and turn Right
- Edgehill Ave to 16th Ave S. turn Right
- Right on Music Circle S.
- Left on Music Circle N.
- Right on Music Square E.
- Enter Demonbreun St. Roundabout and turn Left onto Demonbreun St.
- Turn around at 14th Ave. S
- Enter Demonbreun St. Roundabout and turn Left on Music Square E.
- Left on Music Circle N
- Right on Music Circle S
- Left on Music Square E/16th Ave S
- Left on South Street to first Villa Place
- Right on Villa Place
- Right on South Street
- Left 16th Ave S. (Music Square East) to Edgehill Ave
- Left on Edgehill
- Edgehill Ave to Rose Park at Start/Finish Line



## Finish

The Finish Line is in the same place as the Start Line.

### FINISH LINE FESTIVAL

Once you cross the finish line you will receive your finisher medal, water, and an iced towel. Proceed to the refreshment tent for Gatorade, bananas, granola bars, and POPSICLES! Please bring a reusable hydration pack to help us cut down on event waste.

### RESULTS

Official results can be found at the Packet Pickup tent located in the festival area. Stop by the booth to see your time and to print out your finisher information. It will show your time and finisher place.

### AWARDS

Awards will be presented 3-deep in the divisions below for both male and female categories. You will only be allowed to claim a prize in one category. Awards must be picked up at the event and will be given out within 30 minutes of the last eligible winner crosses the finish line (approx. 8:15-8:30 am).

- Overall
- Masters (Age 40-50)
- Grandmasters (Age 50-60)
- Seniors (Age 60-70)
- Grand Seniors (Age 70+)

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## ADDITIONAL INFORMATION

### VOLUNTEERS WANTED

Encourage your family and friends to get involved in your race day experience. We need extra hands at Packet Pickup, Start and Finish. Volunteers receive T-shirt, swag bag and festive good time! You can even earn a free entry into another Run Nash 5k this year or \$25 off the half/full marathon. To get involved, sign up [online](https://www.runnash.com) or email [hello@runnash.com](mailto:hello@runnash.com)

### CHARITY PARTNERS

#### USO Ft. Campbell/Nashville



Fort Campbell/Nashville

Be the Force Behind the Forces and support the USO in connecting our Service Members to family, home, and country this Independence Day. The finish line is just the beginning.

Visit their [website](https://www.uso.com) to learn more and donate.

#### Wear Blue Run to Remember

wear blue: run to remember is a nonprofit running community that honors the service and sacrifice of the American military. We invite runners, volunteers, and supporters from both military and civilian communities to help us build a living tribute to the fallen, the fighting and the families of the US military.



Visit their [website](https://www.wearblue.com) to learn more and donate.

### GREEN INITIATIVE

To be a less impactful event environmentally, we are putting in place the following steps:

- Utilizing cups that were diverted from the landfill
- Accessing Metro Water for water Stations

### WANT MORE RUN NASH?

The fun doesn't have to stop with the Music City July 4<sup>th</sup> 5K. Run Nash will be hosting 2 additional races this year! Check out these great races to add to your calendar.



October 28, 2023

- New Finish Line at First Horizon Park
- Single Loop Marathon Course
- Enhanced Expo Experience

You won't want to miss this!



November 23, 2023

Music City's Turkey Trot 5K run/walk and 1 Mile Waddle is one of the fastest growing holiday traditions in Downtown Nashville! This family fun event is the perfect way to kick off your Thanksgiving holiday.



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**MUSIC CITY**  
**JULY 4TH 5K**

## Venue Diagram

updated 6.26



Trash/  
Recycling



Lawn Games/  
Inflatable



Start/Finish



Staff Compound



Medical



Porta Potties



Vendor 10x10



Bib Pickup/Reg



Volunteers



Refreshments



Runner Path



Parking