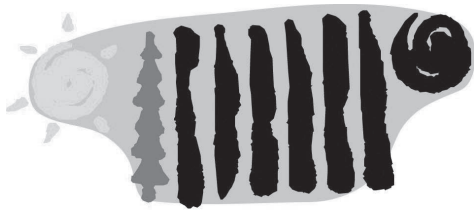


# WELCOME TO THE 24th ANNUAL TOM KING HALF MARATHON



GuptonJeep.com

## SCHEDULE

- 7:55 A.M. WHEELCHAIR START FOR HALF MARATHON  
8:00 A.M. HALF MARATHON START  
*Course closes at 11:30 a.m. - NO JOGGING STROLLERS*  
8:15 A.M. 5K RUN/WALK  
9:00 A.M. FREE BREAKFAST BUFFET & AWARDS FOR 5K  
11:00 A.M. AWARDS FOR HALF MARATHON

## COURSE INSTRUCTIONS

FLUID STOPS: WATER & GATORADE AT MILES 2.5, 5, 7.5, 10; WATER ONLY AT MILES 1 & 12  
GU STOP: VANILLA BEAN GU ENERGY GEL AT 7.5 - *PLEASE TOSS GU PACKET IN TRASH!!!*  
BATHROOMS: AT MILES 2.5 AND 10

**ALL PARTICIPANTS MUST KEEP TO THE RIGHT WHEN ENTERING GREENWAY.**  
GO TO THE LEFT ONLY TO PASS AND DO NOT INTERFERE WITH RUNNERS WHO ARE AHEAD OF YOU AND RETURNING FROM THE TURNAROUND. PLEASE LISTEN TO ALL INSTRUCTIONS FROM THE MONITORS AND BIKERS.

**YOUR ASSIGNED RACE BIB HAS THE TIMING STRIP AFFIXED TO THE BACK OF THE BIB.  
DO NOT REMOVE!**  
YOUR BIB MUST BE WORN ON THE FRONT AND VISIBLE FOR SECURITY PURPOSES,  
AND ALSO TO RECORD YOUR OFFICIAL RACE TIME AND BE ELIGIBLE FOR AWARDS.

**YOU DO HAVE TO BE PRESENT AT THE AWARDS PRESENTATION IN EAST STADIUM  
CLUB TO RECEIVE AN AWARD.**

Results & photos: Go To [NASHVILLESTRIDERS.COM](http://NASHVILLESTRIDERS.COM)



**HAVE FUN AND COME BACK NEXT YEAR!**



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