



## POST-MEET SUNDAY RUN

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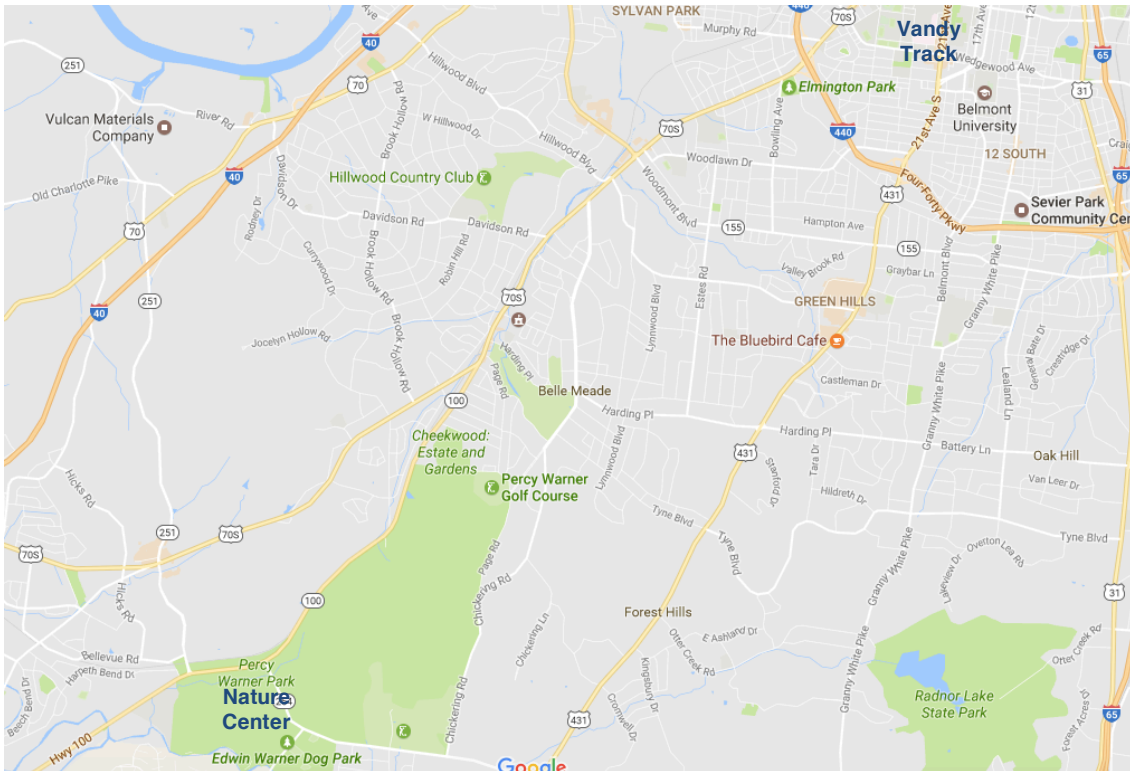


**Sunday June 11: 8:30am, Edwin Warner Park Nature Center**

(about 15 mins drive west of the Vanderbilt track)

Entrance to Edwin Warner Park is on right just after Old Hickory Blvd.

Once in park, follow the road to the left for about 500m until you see the Nature Center.



We will meet up to go for an out 'n' back run on the flat, pretty (and fairly shady) Harpeth River greenway that runs east from Edwin Warner Park. The greenway extends 6.5 miles out for a 13 mile out 'n' back, but we will break up into different groups for pace/distance. There is a bathroom at the start and also 1.8 miles out, and a water fountain 5 miles out. Post-run fluids will be provided.

We will have half a dozen or so local runners who will help out, ensuring no one gets lost! All are invited, and this is a great opportunity for high school runners to run with pro/post-collegiate runners. You are encouraged to take post-run photos, post them up on social media, and tag [@RunMCDC](#) [@VisitMusicCity](#) and [#cubiczirconialeague](#)