



Vaughn's Gap Cross Country Course | Nashville, TN September 25, 2021

MEN 8K: 8:00 AM
WOMEN 5K: 9:00 AM

Entries: Unlimited, Unattached are allowed.
Entry Fee: \$150 per Gender
Payment Method: Cash or Check
Entry Method: Direct Athletics. Entries open 9/1 and close 12 AM 9/21.
Awards: T Shirts to top 10 each gender.
Race Director: Austin Selby 6156021725
Meet Referee: Mike Hamm

Medical Support: Trevecca athletic training staff will provide ice and on site first aide, but will not provide advanced modalities. If you have any special needs, contact Nathan Waite at 269-986-3492. Vanderbilt Lifeflight will provide emergency medical services, water, and ice.

Entry Fee: None

Course: The course is fairly flat with a few hills sprinkled in. The men will start and then run two big loops followed by the cutoff in the final loop. The women will start and run one big loop taking the cutoff when they come back around. The course will be well marked, and as of now, there will be a lead vehicle driven by myself.

Directions: There is not address for the course. If you are unfamiliar with the area, I recommend texting me on Thursday or Friday, and I will share my location with you. Otherwise:

From I 65-Take the Old Hickory exit going West. Travel west until Old Hickory dead ends into Hwy 100, turn right, parking is on the right.

From I 40- Take Exit 199 and take Old Hickory traveling east. When it dead ends into Hwy 100, turn left. After the light, the parking lot and course will be on the right.

Please be sure to clean up your team's area and throw away all trash. We will provide you with bags. We have a great relationship with the park, which is managed by the city, so its care is paramount.