

# The Buzz

The 2005 I Run For The Party was the first of our fitness party runs. We have registered over 4000 walkers & runners since 2005 with hundreds of spectators at each run.

The buzz our promotion staff has created generates lots of press with the top Media outlets in locally and nationally.

Runner's World  
August 2007



## Best Schwag PRIZES WORTH DRINKING FOR

**Fiesta Finish** features north of the border can't beat beer drink at the I Run for the Party 5K in Nashville. All finishes will be treated to margarita glass featuring the nice top. Fill it at the margarita station (only at this and beer also available) then head on a Mexican buffet. Best costume wins a cash prize at the inaugural May 5 event.



City Paper  
August 16, 2005

## Prize Patrol AWARDS WORTHY OF DISPLAY

**ALL DRESSED UP** Good costume at the I Run for the Party 5K in Nashville. The runner with the best costume of the August 20 event wins a \$200 award and a trophy. Past winners have included Ghosts, Dukes and Drums. All costumes must be in good condition and be safe to wear. For more information, visit [www.ibrunforparty.com](http://www.ibrunforparty.com). (615) 258-8111



Runner's World  
May 2007

## Party 'til you're blue at local 5K event

**S**ports  
The I Run for the Party 5K in Nashville is a fun and festive event that is perfect for anyone looking for a good workout and a great time. The race starts at 7:30 a.m. and ends at 10:30 a.m. The race is held at the Nashville Convention Center and is a great way to spend the day. The race is held at the Nashville Convention Center and is a great way to spend the day. The race is held at the Nashville Convention Center and is a great way to spend the day.



City Paper  
September 22, 2005

## Run for a Season

Health care is good for you. But just your health.

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Nashville Lifestyles Magazine  
September 2006



News Channel 5  
August 27, 2005



News Channel 2  
September 9, 2006

All the Rage  
September 7, 2006