

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

Summer shall not fizzle in Music City if Emmit Martin has anything to say about it. Instead, look for the season, especially the dog days of August, to end with an uproarious bang.

I Run for the Party 5K will be held Saturday, Aug. 27, at 5:30 p.m. with heavy emphasis on "run" and "party." It promises to be one of the more unique 5Ks the Nashville area has ever seen.

"I just started brainstorming a couple of years ago after the Peachtree Race in Atlanta," Martin said. "That race has like 50,000 people and it's just a big, crazy party. And I just said, Nashville needs something like this."

Martin, an avid runner hooked on the sport following his first 5K, should know a little something about "big, crazy, parties."

During the Country Music Marathon every year, he douses himself in blue paint and thoroughly enjoys the massive street festival atmosphere as he weaves in and out of the thousands of people running through Nashville.

Unable to get enough of that day's good vibe, Martin, president of a local public relations firm called All About TV, Music and Films, organized I Run for the Party and expects a little more than 1,000 people to sign up for the race, the proceeds of which go to Prevent

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Michael Williams

mdwilliams@nashvillecitypaper.com

Child Abuse Tennessee.

"I wanted to combine the fitness scene with the party scene," Martin said. "And if people don't run, I wanted to entice them with a big party atmosphere in hopes that they'll take up running. My goal is to one day have a Peachtree-sized race every year."

Run on a certified USA Track & Field course, the race will travel through Nashville's new bar district beginning and ending at the Demonbreun Street roundabout. It's not skimping on the prizes either. The first 1,000 registered runners and walkers receive free T-shirts from Stuph Clothing, martinis (Dirty Musicas) and glasses from Skyy Vodka, Michelob-Ultra beer, energy drinks by NMotion and water and Gatorade from Fleet Feet. In addition, and to entice as

many Leos and Virgos as possible, anyone celebrating a birthday in the month of August gets free registration, a cake with their names on it, along with a rendition of "Happy Birthday" sung by the entire race crowd. Runners with August birthdays can sign up over the Internet, but expect to receive a refund on race day.

That all takes place at the party following the race in the parking lot between the Tin Roof and the Nashville Lifestyles building.

But Martin is quick to point out that although the event includes the massive post-race party, he doesn't want the misconception that it's going to be a big "drunk fest."

"It's definitely a controlled party," he said. "I want to make it more different than any race Nashville has ever seen."

Find out more at allaboutmusiccity5K.com

Belmont festival

If that race isn't enough,

the "Together We Can 5K and Youth Running Festival" will be held Saturday, Sept. 10, at 3 p.m. at Belmont University.

"It's definitely a festival atmosphere," Belmont cross country and track and field coach Jeff Langdon said. "This is always a blast."

In its fourth year, the festival benefits Feed America First and participants

are encouraged to bring canned goods.

The afternoon's races begin at 4:15 with several races of varying distances for children ranging from first to eighth grades.

The youth

events are aimed to increase the awareness of the benefits of physical activity in a society where childhood obesity is becoming more prevalent.

Beginning at 6:30 p.m. the "Boulevard Mile" takes place followed by the day's crescendo, the "Action Nissan Together We Can 5K" race run on the newly USAT&F certified course on 12th Avenue.

"I think that will be the most competitive 5K in Nashville this year," Langdon said.

Already four sub-15 minute 5K runners have registered, including one participant who has clocked a 14:15.

As the school year gets rolling, Langdon mentioned he's hoping students from neighboring Nashville colleges will get involved with the festival as well.

"We really encourage the college kids to come out," Langdon said. "They really add to the non-competitive environment and it's really a neat atmosphere for the day."

Register for the event at race-nashville.com

• The 27th annual Franklin Classic will be held on Monday, Sept. 5, Labor Day, in downtown Franklin. The Classic, a 5K and 10K run, benefits Mercy Children's Clinic. More information can be found at franklinclassic.org.



Emmit Martin, who is organizing next weekend's inaugural I Run for the Party 5K, paints himself blue every April for the Country Music Marathon.