

Viva la Diva 2016

Registration FAQs

Can walkers participate in the timed races?

Absolutely! Whether you're an avid runner or completing your first race our courses are perfect for everyone! We do recommend that walkers participate in the 5K course as opposed to the 10K course. Please note, police will exit the course around 9:30 am. Any participants that do not finish the 10K in 1 ½ hours can finish on the sidewalk at their own risk.

The Finish line will remain open until all participants cross the finish line and receive their finisher charm.



Wait a minute, this race is called the Viva la Diva. Are you sure men can participate too?

Absolutely! The Viva la Diva race is an event for both DIVAS and DUDES of all ages! And, in case you're wondering, this year's shirts are blue and will look suave on all of our participants—especially our dudes!

Do the 5K and 10K start at the same time?

Yes! Participants have the option to choose between the 5K or 10K distance but both races will begin promptly at 8 a.m. We ask that slower participants and those using a 3-wheel stroller move to the back of the start line to avoid congestion. There will be plenty of fun warm ups before the race to make sure everyone is ready to rock and roll come 8 am!

Who can participate in the Viva la Diva Run?

Everyone! Viva la Diva is an intergenerational event for anyone who wishes to participate. Grab your friends and create a team! Last year, we were thrilled to create our very first Aquatic Running Category! If you or someone you know has a health issue that prevents them from running on land, talk to Race Directors Pam Brown or Anna Claire Hoffman to learn more about achieving fitness goals and competing in the race via an underwater treadmill. Their contact information is pbrown@fiftyforward.org or achoffman@fiftyforward.org

Are there age limits to participate in the 5K and 10K races?

5K participants must be 5 years old by race day and 10K participants must be 7 years old by race day.

Can I volunteer?

Yes! We need volunteers to assist with registration, water stations, event set-up and many other areas that are important to the success of this event. If you would like to volunteer, please contact Robin Johnson, rjohnson@fiftyforward.org.

Can I change my mind about which distance I run?

Yes. We want you to choose the distance that best fits your level of training and creates the best possible Viva la Diva experience for you. Please make change requests by November 1. This can be done through your active.com account or by contact Linda Smith, lsmith@fiftyforward.org.

What if I register and then become injured and am unable to attend the race?

If you become injured or find you are unable to attend the race, we do not offer refunds. Please nonprofit organization that supports and optimizes the aging experience. Your donation makes a huge a difference! Of course, we want you to receive your Viva la Diva shirt and wear it proudly. To arrange t-shirt pickup in the case you cannot attend the race last minute please contact Linda Smith, lsmith@fiftyforward.org

Are there any course restrictions?

For safety reasons, we do not allow baby strollers, bicycles, inline skates or animals (with the exception of service dogs) on the 5K and 10K courses. *Jogging strollers (3-wheeled) are allowed on both courses so bring your little one and enjoy the morning!*

Where do I park for the event?

There is onsite parking for approximately 1,100 vehicles on the Nissan North America event site located at One Nissan Way, Franklin, TN 37067. There will be signs and volunteers to direct you on race day.

What happens if in the case of inclement weather?

We have been very fortunate with weather over the years and just know that the odds are in our favor again this year! However, in the event the race must be cancelled for unforeseen severe weather conditions no refunds will be given.

What happens if I win an award but missed the Awards Ceremony?

We want all of our winners to display their awards proudly! In the event you were unable to grab your award on race day, awards will be readily available for pickup M-F between the hours of 8:30am – 4:30 pm at FiftyForward Patricia Hart Building located at 174 Rains Avenue, Nashville, TN 37203. Please note, if you have not picked up your award by December 1, you will need to contact Anna Claire Hoffman, achoffman@fiftyforward.org prior to coming by to arrange pickup.

For additional information, contact Pam Brown, pbrown@fiftyforward.org or Anna Claire Hoffman, achoffman@fiftyforward.org.