



NASHVILLE BAR ASSOCIATION

Improving the Practice of Law through
Education, Service, and Fellowship.

2019 NASHVILLE RUN/WALK EVENTS

- January 26 – [Nashville Zoo Run Run](#)
- February 9 – [Cupid's Undie Run](#)
- February 16 – [Hot Chocolate 15k/5k](#)
- February 23 – [Tom King Classic Half Marathon + 5k](#)
- March 16 – [St. Patrick's Day Music City Half, 10k + 5k Run](#)
- April 6 – [NBA YLD Race Judicata](#)
- April 6 – [Hammer Down Race](#)
- April 6 – [BNA 5k on the Runway](#)
- April 13 – [Walk for Wishes](#)
- April 13 – [March for Babies](#)
- April 20 – [Richland Creek Run](#)
- April 27 – [St. Jude Rock N Roll Marathon & Half Marathon](#)
- April 13 – [NAMI 5k](#)
- May 7 – [Downtown Derby Bed Race](#)
- May 11 – [West Nash DC 5k](#)
- May 18 – [Nashville Diaper Dash 5k](#)
- May 19 – [Mutt Strutt 5k](#)
- May 19 – [Walk to Cure Arthritis](#)
- May TBD – Cinco de Mayo 5Qué
- May TBD – Shoney's 5k Fun Run
- June 15 – [5k at Fontanel](#)
- June 22 – [Nashville Pride Parade](#)
- June 29 – [Predators Fangtastic 5k](#)
- July 4 – [Music City July 4th 5k/10k](#)
- August 11 – [Tomato 5k](#)
- September 7 – [Steps of Success 5k Run/Walk](#)
- October 5-6 – [Tough Mudder 5k](#)
- September 14 – [Hustle for the House 5k & 1-Mile Fun Run](#)
- November 16 – [SpeakUP5k](#)
- November 24 – [Harpeth Hills Flying Monkey Marathon](#)
- November TBD – Run the Night 5k

RESOURCES & ACTIVITIES AROUND NASHVILLE

Dance the Night Away

So, you think you can't dance? Change that attitude via [Swing Dance Nashville](#), which offers an 8:00pm drop-in demonstration before its Friday night free-for-all. If you're feeling confident in your Lindy Hop, show off those moves at [The 5 Spot's](#) popular Monday night dance party—swing dancing starts at 8:00pm and segues into the Motown Monday sweat fest at 10:00pm. For a different pace, the [Nashville Country Dancers](#) host a contra dance with live music every Friday at 8:00pm—get there a half hour early for a beginner lesson.

[15 Free Fitness Classes in Nashville](#)

[Burn Boot Camp](#) *(West End)*

The workout: HIIT/boot camp

The details: Register online to get a 14-day free trial. Free childcare is available.

[Verticity](#) *(East Nashville, Elliston Place)*

The workout: indoor cycling

The details: Walk-ins welcome but registering ahead of time is recommended. First ride is free.

[CycleBar](#) *(The Gulch, West Nashville)*

The workout: indoor cycling

The details: Free 30-minute intro sessions are offered weekly (regular classes are 40 or 50 minutes). Cycling shoes, water, and snacks are provided at no cost.

[Fit Factory](#) *(Midtown)*

The workout: cross-fit

The details: For Nashville residents; if you're from out of town, they ask that you buy a shirt. First ride is free.

[CrossFit 615](#) *(East Nashville)*

The workout: cross-fit

The details: Held Thursday mornings and evenings and Sundays at 10:30am; must register online. Free trial class offered.

[OrangeTheory Fitness](#) *(Midtown, Green Hills, West Nashville)*

The workout: heart rate-based interval training

The details: For local residents only; available at all OTF locations. First class is free.

[Hotbox](#) *(The Gulch)*

The workout: fitness kickboxing

The details: For local residents only. Hotbox provides all necessary kickboxing equipment, including gloves and wraps. First class is free.

[Title Boxing](#) *(East Nashville, Midtown, Green Hills)*

The workout: boxing / kickboxing

The details: Title supplies boxing gloves but you'll need to buy wraps for \$10 (or bring your own). First class is free.

[9Round](#) (*Green Hills*)

The workout: fitness kickboxing

The details: 9Round provides the gloves. Sign up online or just show up at the gym. First 30-minute kickboxing class is free.

[Studio Novo](#) (*West Meade, Cool Springs*)

The workout: Megaformer/Lagree Fitness (pilates)

The details: For Nashville residents only; must register online. First class is free.

[Neighborhood Barre](#) (*Green Hills, Brentwood*)

The workout: barre

The details: For local residents only; can be used at either/both studio locations. First class is free.

[Gym 5](#) (*East Nashville*)

The workout: full-service fitness club

The details: Local residents only. Stop in or call to setup your free trial work-out.

[Small World Yoga](#) (*Hillsboro Village*)

The workout: yoga

The details: Small World Yoga offers weekly, biweekly, and monthly yoga classes at schools, NPL branches, and other organizations around Nashville. All classes are free and open to the public.

[Fleet Feet Nashville](#) (*Green Hills*)

The workout: outdoor running & walking

The details: Meet Mondays at 6pm at Fleet Feet Green Hills for three- and five-mile route options; all levels—including walk-ins—welcome. Weekly fun runs in conjunction with Fleet Feet

[Nashville Athletic Club](#) (*South Nashville*)

The workout: full-service fitness club

The details: Guests have free access to the entire gym, including group fitness classes and a half basketball court, for three consecutive days. For local residents 18 and older.

[BEST VEGAN & VEGETARIAN RESTAURANTS IN NASHVILLE](#)

[Avo](#) (vegan)

When it opened in Charlotte Pike's OneC1ty complex in 2015, Avo became Nashville's first fully vegan restaurant. Every morsel on the menu, from the kimchi spring rolls to the raw pad Thai to the avocado margarita, is plant-based and naturally gluten-free. (There's even a vegan version of the famous boozy bushwacker, made with coconut milk.) Leave room for one of the specialty desserts, which include a chocolate tart and a dairy-free cheesecake.

[The Southern V](#) (vegan)

The Southern V is located off Buchanan Street near Germantown, offering a 100% plant-based, Southern-style menu. With items like fried chick'n, chick'n strips, BBQ jackfruit nachos, and mini ribz, you'd probably think you're at a Nashville hot chicken joint instead of a vegan eatery. Have no fear, though—everything is made from plants!

[212 Café & Wellness Center](#) (vegan)

Your one-stop cafe, market, and spa will help you achieve beauty through balanced living with exceptional services like massage, colon hydrotherapy, reiki, salt cave, energy work, and bodywork all under one roof. Our wellness club and vegan restaurant promote getting healthy with juice cleanses, project classes, and many forms of massage and energy therapy.

[Graze](#) (vegan)

What this plant-based bistro and bar lacks in size (it took over Silly Goose's quaint quarters in East Nashville), it makes up for in menu options. A vegan offshoot of the neighboring Wild Cow, Graze whips up small plates, tempeh sandwiches, inventive salads, veggie burritos, fresh juices and more, plus a killer weekend brunch—try the tofu rancheros.

[Grins Vegetarian Café](#) (vegetarian, vegan, kosher)

Grins Vegetarian Cafe is located on the Vanderbilt campus but welcomes anyone craving fresh vegetarian (and certified kosher) fare. Opened over a decade ago by Fido's Bob Bernstein, this friendly cafe serves breakfast items, paninis and wraps, soups, salads and specials like Indian veggie curry. Note that Grins closes for Jewish holidays and follows Vanderbilt's schedule for holidays and seasonal breaks.

[Sunflower Cafe](#) (vegetarian, vegan)

Berry Hill's Sunflower Cafe has been a popular spot for healthy fare since 2012. Most menu items are vegan (exceptions include optional gluten-free bread and cheese), and there's an emphasis on local ingredients like produce. Known for its gourmet veggie burgers, the cafe also offers tasty wraps, giant salads, rice/quinoa bowls and vegan barbecue.

[Vegan Vee](#) (vegan)

Vegans with a relentless sweet tooth, this one's for you. Vegan Vee is a vegan and gluten-free takeout bakery with limited hours—if there's a line, use the opportunity to strategize your order. The muffins, bagels, doughnuts and cookies will get the job done, but the real magic lies in the daily specials: s'mores cups, maple pecan waffles, blueberry streusel bars, ginger creme pies, matcha green tea "cheesecake" bars and so much more.

[The Wild Cow](#) (vegetarian, vegan)

The Wild Cow is a health-focused east side hot spot that serves up delicious vegan, vegetarian and gluten-free food. Among its lunch and dinner options are vegan queso, salads, sandwiches, bowls, tacos, wraps, smoothies and wraps. In addition to sourcing many local ingredients, The Wild Cow donates 2.5% of its Thursday sales to its designated local charity of the month.

[Woodlands](#) (vegetarian)

To the relief of hungry healthy eaters across town, Woodlands recently reopened after eight months of renovations. (At one point, it was reported to be closed for good.) A longtime favorite of those who love vegetarian and/or Indian cuisine, this joint is tucked away in the bottom of the Continental condo building. Word on West End is that the original menu remains mostly intact.

BEST VEGETARIAN & VEGAN DISHES

- Acme Feed & Seed: The Hatchery (curried chickpeas, coconut rice, cashews, cilantro and sunny-side-up egg with fry bread)
- MOTO: Blueberry Lasagna (with wild mushrooms and blueberry balsamic)
- Tavern: Tuscan Kale & Parmesan Salad (with toasted almonds, currants, lemon and olive oil)
- Mas Tacos: Fried Avocado Tacos (with shaved cabbage, onion and spicy dill yogurt)
- Sloco: Vegan Meatball Sub (quinoa “meatballs,” tomato sauce, vegan mozzarella and microgreens)
- Two Ten Jack: Yasai Shoyu Ramen (with vegetable broth, burnt corn, collards, beni shoga and mayu)
- The Pharmacy: Falafel Burger (chickpea patty, yogurt raita, goat cheese, tomato and onion)
- Two Boots: “V for Vegan” (with artichoke, red onion, shiitake mushrooms, sweet red pepper pesto, basil pesto and vegan cheese)