

# Conquer the Cove Trail 25k and Marathon

is Brought to You By:



## 2012 Mountain Junkies L.L.C. Races

- **1/07/12 - Frozen Toe 10k, 9:00am start**
- **3/03/12 - Explore Your Limits 5/10k Trail Races, 9:00am start**
- **3/24/12 - Montvale Park 5 and 10 mile Trail Races, 9:00am start**
- **4/14/12 - Mill Mountain Mayhem 10k Trail Race, 9:00am start**
- **5/05/12 - Trail Nut 10k and 1/2 Marathon Trail Race, at Bedford's Falling Creek Park, 8:00am start**
- **8/18/12 - Fab 5k, at Roanoke County's Green Hill Park, 8:00am Start**
- **10/20/12 - Into the Darkness Night Trail Run, 7:00pm start.**

Conquer the Cove  
C/O Mountain Junkies L.L.C.  
212 East Main Street  
Salem, VA 24153



Mountain Junkies L.L.C.

Mountain Junkies L.L.C.

Presents

# Conquer the Cove Trail 25k and Marathon

con-quer \`kän`kär \ to overcome by  
mental or physical power  
**Carvins Cove Natural Reservoir**  
**Roanoke, VA**

**June 3rd 2012**

**6:30 a.m. Start**

**Start/Finish Location at**



Mountain Junkies L.L.C.

212 East Main Street  
Salem, VA 24153  
(540) 525-9452

info@mountainjunkies.net  
www.mountainjunkies.net

Mountain Junkies LLC Presents

# Conquer the Cove

June 3rd, 2012

6:30 a.m. Start

**Course:**

See [www.mountainjunkies.net/Carvins\\_Cove.htm](http://www.mountainjunkies.net/Carvins_Cove.htm) for a complete course description and maps.

**Both courses** are loops consisting primarily of single track trail with sections of dirt or gravel access roads to link up trails.

The start and finish will be on a 1 mile section of asphalt.

25k - Will have 3 Aide Stations

Marathon - Will have 7 Aide Stations

**Entry Fees:**

25k On or before May 12th = \$40  
After May 12th and race day = \$50

26.2 On or before May 12th = \$60  
After May 12th and race day = \$70

Price includes a challenging well marked course, technical shirt with great design, finishers award, well stocked aide stations, and post race food with good people.

**Technical wicking shirts:** Guaranteed to all runners pre-registered on or before May 12th.

**Make checks payable to:** Mountain Junkies L.L.C.

**Additional Info and Mailing Address:**

Mountain Junkies LLC

212 East Main Street

Salem, VA 24153

[info@mountainjunkies.net](mailto:info@mountainjunkies.net)

Josh Gilbert, Race Director (540) 525-9452

[www.mountainjunkies.net](http://www.mountainjunkies.net)

**Packet Pick-up and Course Preview**

Packets may be picked up May 31st at Gilbert Chiropractic from 10-1 and 3-6pm and race day June 5th at Loch Haven Lake from 5:00-6:15.

**Pre-Run Briefing**

At 6:15 there will be an event briefing in the large pavilion. We will discuss the course, course markings, post event festivities, and answer any questions that arise.

**Directions to Event Headquarters  
Loch Haven Lake**

**From Roanoke:**

**2755 Loch Haven Lake Drive  
Roanoke, VA, 24019**

**From I-81 North take exit 141** and take a right at the light onto route 419.

**From I-81 South take exit 141** and take a left at the light onto route 419.

From route 419 Loch Haven Road will be the first right hand turn (almost immediately). Stay on this road until the entrance to Loch Haven Resort on the left at 2.3 miles.

Detach and mail in with payment to: Mountain Junkies L.L.C., 212 East Main Street, Salem, VA 24153

*A Mountain Junkies L.L.C. Event*

**Conquer the Cove Trail 25k and Marathon - June 3rd, 2012, 6:30a.m. Start**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ MI \_\_\_\_\_

Address (Street) \_\_\_\_\_ Birthdate: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number ( ) - \_\_\_\_\_ \*\*Email \_\_\_\_\_

Please circle the race you are entering ( 25k ) ( Marathon ) Age on Race Day \_\_\_\_\_ Gender: M or F

T-Shirt Size S M L XL - Male and Female Technical Wicking Shirts (Guaranteed to those registered by 5/12/12)

**Female Sizes run small**

**Assumption of Risk:** In consideration of the acceptance of this entry, I do hereby, for myself, my heirs, executors, administrators, and assigns, release and forever discharge Mountain Junkies L.L.C., Loch Haven Lake Resort, the sponsors, and all those persons involved in organizing and manning this event, from all claims of any kind or nature, arising out of my participation in this race. Further, I grant permission to the aforementioned to use any photographs, motion pictures, or other recording of the event for legitimate purposes. In addition, I understand there will be no refunds.

Signature: \_\_\_\_\_ Signature (Parent/Guardian) \_\_\_\_\_ Date: \_\_\_\_\_  
(contestant, if under 18 guardian must also sign) (if applicable)