

# Explore Your Limits VI

is Brought to You By:

## Gilbert Chiropractic

Josh Aaron Gilbert DC  
212 East Main Street  
Salem, VA 24153  
(540) 375-3990



*Super* **SHOES**  
choices... feel good

## **Joel Gardner, D.D.S.**

6232 Peters Creek Road NW  
Roanoke, VA 24019-4052  
(540) 362-3846



### 2010 Mountain Junkies L.L.C. Races

- **1/9/10 - Frozen Toe 10k**, 9:00am start
- **3/27/10 - Montvale Park 5 and 10 mile Trail Races**, 9:00am start
- **4/17/10 - Mill Mountain Mayhem 10k Trail Race**, 9:00am start
- **6/5/10 - Trail Nut 10k and Half Marathon Trail Race**, at Bedford's Falling Creek Park, 9:00am start
- **8/21/10 - Fab 5k**, at Roanoke County's Green Hill Park, 8:00am Start
- **10/23/10 - Into the Darkness 4 Mile Night Trail Run**, 7:00pm start

Explore Your Limits  
C/O Mountain Junkies L.L.C.  
212 East Main Street  
Salem, VA 24153



Mountain Junkies L.L.C.

Presents

Explore Your Limits VI

5 & 10k Trail Run



March 6th, 2010

9:00 a.m. Start

Location: Explore Park

Milepost 115 off of the

Blue Ridge Parkway

Mountain Junkies L.L.C.

212 East Main Street

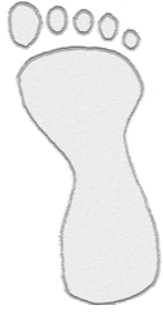
Salem, VA 24153

(540) 525-9452

mountainjunkies@verizon.net

www.mountainjunkies.net

# Mountain Junkies L.L.C. Presents



## Explore Your Limits

### March 6th, 2010

9:00 a.m. Start

### Explore Park

Milepost 115 off of the Blue Ridge Parkway

**Course:** The 5k is a great race to introduce runners to trail running. The race course will take runners through some of the trails and gravel roads of the Explore Park. The 5k is 1/3 trail and 2/3 gravel road and asphalt. The 10k continues on into the single track biking trails for the remainder of the race.

**Race Age Groups:** 11 male and female age groups. with medals given to the top 3 in each age group. The top 3 male and female winners of each race will receive unique awards.

Age brackets for the races include, for both male and female: 14 and under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & up.

Race Management reserves the right to add or remove age groups and awards depending on race participation.

### Entry Fees:

- 5k** On or before February 20th = \$20  
After February 20th and race day = \$25
- 10k** On or before February 20th = \$25  
After February 20th and race day = \$30

**Tee Shirts:** Guaranteed to all runners pre-registered on or before February 20th.

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

### Additional Info and Mailing Address:

Explore Your Limits VI  
212 East Main Street  
Salem, VA 24153  
mountainjunkies@verizon.net  
Josh Gilbert DC, Race Director (540) 525-9452  
www.mountainjunkies.net

### Packet Pick-up and Course Preview

Packets may be picked up March 4th at Gilbert Chiropractic from 10-1 and 3-6pm and race day March 6th at the Explore Park from 7:00 to 8:45 at the Explore Park.

### Directions to course

Once on the Blue Ridge Parkway go to milepost 115. Take the road into the Explore Park. Once in the gate you will park in the first lot on your right.

Registration and packet pick-up will be in the Visitor's Center.

### Race Briefing

At 8:45 there will be a race briefing in the Visitor's Center. We will discuss the course, course markings, post race festivities, and

**Important News About the Race!**  
**We will need your email or an emergency number for any changes in our inclement weather plan.**

### Directions to the Explore Park in case of Inclement Weather & the Blue Ridge Parkway is Closed.

From I-581 Take the Elm Exit. From the North take a RIGHT on Elm or From the SOUTH take a LEFT. Pass the hospital and take a LEFT at 2nd light onto Jefferson Street. Once on Jefferson take a LEFT at the 4th light onto Walnut Ave. Follow Route 116: After crossing the bridge take a LEFT on Piedmont, a quick Right on Riverland After 1.5 miles there will be a sign to the park at Rutrough Road; take a LEFT. Take Rutrough approximately 4 miles to a sign for the park on your LEFT. Enter Park and parking will be in the second lot on your left.

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*

### **Explore Your Limits VI - March 6th, 2010, 9:00a.m. Start**

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

Address (Street) \_\_\_\_\_

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

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

Please circle the race you are entering: ( 5k ) ( 10k ) \*\*MUST PROVIDE for possible changes to Inclement Weather Plan

Age on Race Day \_\_\_\_\_ Gender: M or F T-Shirt Size S M L XL

**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., the VRFA, 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: \_\_\_\_\_ Date: \_\_\_\_\_  
(contestant, if under 18 guardian must also sign) (if applicable)