

Mill Mountain Mayhem

is Brought to You By:



ROANOKE
PARKS AND RECREATION



Outdoor Trails
Outdoor Equipment & Clothier

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

Joel Gardner, D.D.S.

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



 **injinji** | PERFORMANCE TOESOCKS

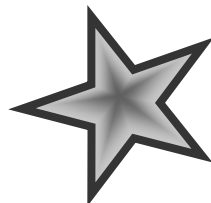
Gilbert Chiropractic

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

2010 Mountain Junkies L.L.C. Races

- **1/9/10** - Frozen Toe 10k, 9:00am start
- **3/6/10** - Explore Your Limits 5/10k Trail Run at Virginia's Explore Park
- **3/27/10** - Montvale Park 5 & 10 Mile Trail Races at Montvale Park
- **6/5/10** - Trail Nut 10k and Half Marathon, at Bedford's Falling Creek Park.
- **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

Mill Mountain Mayhem
C/O Mountain Junkies L.L.C.
212 East Main Street
Salem, VA 24153



A Roanoke Parks and Recreation Event

Presented by

Mountain Junkies L.L.C.

Mill Mountain Mayhem
10k Trail Race



April 17th, 2010

9:00 a.m. Start

Location: Mill Mountain
Star Trail, Trailhead

Mountain Junkies L.L.C.

212 East Main Street

Salem, VA 24153

(540) 525-9452

mountainjunkies@verizon.net

www.mountainjunkies.net

Mountain Junkies LLC Presents



Mill Mountain Mayhem 10k April 17th, 2010



9:00 a.m. Start

Mill Mountain, Roanoke VA

The Course: will corkscrew around the mountain as you climb to the top and will end with a long downhill to the finish. The Start will be at the trailhead for the Star Trail. Once on the Star Trail, the trail will intersect with the Fishburn Parkway where you will take a left for one mile on the asphalt road. At the intersection with the Mill Mountain Spur you will head right onto the monument trail. This will take you to the old road up Mill Mountain. From here you will climb up the road to the Big Sunny Trail and then the Riser Trail. Here you will come to the Ridgeline Trail. This will take you up to the Star Overlook and then down the Star Trail for a screaming fast, and in many places rocky and rooty, downhill, back to the finish at the trailhead.

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 and masters winners 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:

10k On or before April 3rd = \$25
After April 3rd and race day = \$30

Tee Shirts: Guaranteed to all runners pre-registered on or before April 3rd.

**This is a Roanoke City sponsored event,
please make your checks out to:
City of Roanoke**

Packet Pick-up and Course Preview

Packets may be picked up April 15th at Gilbert Chiropractic from 10-1 and 3-6pm and April 17th at the race start from 7:00 to 8:45am.

Race Briefing

At 8:45 there will be a race briefing. We will discuss the course, course markings, post race festivities, and answer any questions that arise.

Additional Info and Mailing Address:

Mountain Junkies LLC
212 East Main Street
Salem, VA 24153
mountainjunkies@verizon.net
Josh Gilbert DC, Race Director (540) 525-9452
www.mountainjunkies.net

Directions to course

Directions to course:

From I-581 Take the Elm Exit. From the North take a RIGHT on Elm or From the SOUTH take a LEFT. You will 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, and then a quick Right on Riverland. After about 1 mile you will turn right into the Star Trail Parking lot. If you go to the stop light for Garden City Blvd you have gone too far. The parking lot is just before the light up a gravel hill to the right.

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

Mill Mountain Mayhem - April 17th, 2010, 9:00a.m. Start

First Name _____ Last Name _____ MI _____

Address (Street) _____

City _____ State _____ Zip _____

Phone Number () - _____

**Email _____

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 City of Roanoke, 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)