

# Montvale 5 and 10

## Mile Trail Runs

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

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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
- **3/6/10 - Explore Your Limits 5/10k Trail Run** at Virginia's Explore Park
- **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
- **8/21/09 - 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

Montvale Trail Race  
C/O Mountain Junkies L.L.C.  
212 East Main Street  
Salem, VA 24153



Mountain Junkies L.L.C.

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Presents

Montvale 5 and 10  
Mile Trail Runs

March 27th, 2010

9:00 a.m. Start

Location: Montvale Park

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

## Montvale 5 and 10 Mile Trail Races

March 27th, 2010

9:00 a.m. Start

### Course, Description:

The race will start at the Bedford County Middle School. From there you will enter the back of the park and get on Yellow Drum, then a left on Coyote Ridge, a right on to the access road, left on Beale's Treasure, left on Easy Street, left on Ridgeline, and a right on Coyote Ridge. From here the 5 mile group will head back to the school via Cliffhanger and the 10 mile group will continue on for another loop before heading back.

**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 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:

**5 Mile** On or before March 13th = \$25  
After March 13th and race day = \$30  
**10 Mile** On or before March 13th = \$30  
After March 13th and race day = \$35

**Tee Shirts:** Guaranteed to all runners pre-registered on or before March 13th.

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

### Packet Pick-up and Course Preview

Packets may be picked up March 25th at Gilbert Chiropractic from 10-1 and 3-6pm and March 28th 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.

## Directions to course

### Directions to course:

Montvale Park is a newly created park in Bedford County. Just behind the Montvale Elementary School.

From the West take highway 460 towards Montvale. Turn Right into the Montvale Elementary School and follow the signs for the race headquarters and start.

From the East take highway 460 towards Montvale. Turn left into the Montvale Elementary School and follow the signs for the race headquarters and start.

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

*Directed by Mountain Junkies L.L.C.*

**Montvale 5 and 10 mile Trail Runs - March 27th, 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: ( 5M ) ( 10M )

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., Bedford County, 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)