

Montvale 5 and 10 Mile Trail Races

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 at Virginia's Explore Park
- **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, 9:00am start
- **06/03/12** - Conquer the Cove Trail 25k & Marathon, at Carvins Cove, 6:30am Start
- **8/18/12** - Fab 5k, at Roanoke County's Green Hill Park, 8:00am Start
- **10/20/12** - 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 Races

March 24th, 2012

9:00 a.m. Start

Location: Montvale Park

Mountain Junkies L.L.C.

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

info@mountainjunkies.net
www.mountainjunkies.net

Mountain Junkies L.L.C. Presents

Montvale 5 and 10 Mile Trail Races March 24th, 2012 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 10th = \$25
After March 10th and race day = \$30
10 Mile On or before March 10th = \$30
After March 10th and race day = \$35

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

Additional Info and Mailing Address:

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

Packet Pick-up and Course Preview

Packets may be picked up March 22nd at Gilbert Chiropractic from 10-1 and 3-6pm and March 24th at the race start from 7:15 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. Next to the Montvale Elementary School.

From the West take highway 460 towards Montvale. Turn Right **just before** the Montvale Elementary School onto Marketplace and follow the gravel road at the end to our race headquarters and start.

From the East take highway 460 towards Montvale. Turn left just after the Montvale Elementary School onto Marketplace and follow the gravel road at the end to our 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 Races - March 24th, 2012, 9:00a.m. Start

First Name _____ MI _____
Address (Street) _____ Birth Date _____
City _____ State _____ Zip _____
Phone Number () - _____ **Email _____
Please circle the race you are entering: (5 Mile Walker) (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) MJ