

# TRAIL NUT

## 10k and Half Marathon

At Bedford's Falling Creek Park  
is Brought to You By:



*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
- 3/6/10 - Explore Your Limits 5/10k Trail Races, 900am 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
- 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

**TRAIL NUT** - 10k & Half Marathon  
C/O Mountain Junkies L.L.C.  
212 East Main Street



Mountain Junkies L.L.C.

Presents the

**TRAIL NUT**  
10k & Half Marathon  
At Bedford's Falling Creek Park

June 5th, 2010

9:00 a.m. Start

Location:

Bedford's Falling Creek Park  
.8 Miles South of Route 460  
on Falling Creek Road  
(The Park is located behind Bedford  
County's Nursing Home)

Mountain Junkies L.L.C.

212 East Main Street

Salem, VA 24153

(540) 525-9452

mountainjunkies@verizon.net

# Mountain Junkies L.L.C. Presents



## **TRAIL NUT** **10k and Half Marathon** **June 5th, 2010** **Bedford's Falling Creek Park** **9:00 a.m. Start**

**Course:** The 10k will be one lap on the park's rolling single track trails. The half marathon will continue on for a longer 7 mile loop. The race is 90% trail and 10% grassy fields. The 2010 course may be a different route.

**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:**

**10k** On or before May 22nd = \$25  
After May 22nd and race day = \$30  
**13.1M** On or before May 22nd = \$30  
After May 22nd and race day = \$35

**Tee Shirts:** Guaranteed to all runners pre-registered on or before May 22nd.

**Make checks payable to:**  
Mountain Junkies LLC

### Packet Pick-up and Course Preview

Packets may be picked up Thursday, June 3rd at Gilbert Chiropractic from 10-1 & 3-6pm

Or, on race day from 7:00 to 8:45 at the Falling Creek Park. **Registration and packet pick-up will be in the large pavilion inside the park.**

### Race Briefing

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

### Additional Info and Mailing Address:

**TRAIL NUT** — 10k & Half Marathon  
212 East Main Street  
Salem, VA 24153  
mountainjunkies@verizon.net  
(540) 525-9452  
Josh Gilbert DC, Race Director

## Directions to course

### **From Route 460**

- Head towards Bedford Virginia
- At Bedford, look for the exit for Route 122 North.
- Instead of going north on route 122 head south on Falling Creek Road.
- Go .8 Miles and take a left onto County Road (there will also be a sign for Bedford County's Nursing Home)
- Follow the road to the back of the nursing home and the parking lot is beside the old red barn on 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*

## **TRAIL NUT 10k and Half Marathon June 5th, 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: ( 10k ) ( 13.1M )

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 Parks and Recreation, the sponsors, volunteers, 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 Mountain Junkies L.L.C. 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: \_\_\_\_\_ (contestant, if under 18 guardian must also sign) \_\_\_\_\_ Date: \_\_\_\_\_ (if applicable)