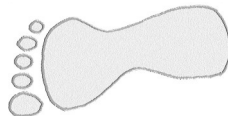


The Fab 5k

A Mountain Junkies L.L.C. Event
is Brought to You By:



Fab 5k
C/O Mountain Junkies L.L.C.
212 East Main Street
Salem, VA 24153



Presented by:

Mountain Junkies L.L.C.

Mountain Junkies L.L.C. 22nd Annual Fab 5k



Mountain Junkies L.L.C.
212 East Main Street
Salem, VA 24153
(540) 375-3990
info@mountainjunkies.net
www.mountainjunkies.net

Mountain Junkies L.L.C. Presents

22nd annual

F a b 5 k

August 18th, 2018
Race Start At 8:00 a.m.
**Roanoke County's
Green Hill Park**

Course: Flat and fast course through beautiful Green Hill Park, with one creek crossing on a wood bridge. Mostly soft grass with some asphalt and gravel sections. **Walkers Welcome, this is a great course for walkers to participate along side racers.**

Prizes: \$400 in cash will be distributed between the top 3 overall male and female finishers and the first male and female masters. Overall finishers also receive a unique award.

Open Race Age Groups: 14 male and female age groups with medals given to the top 3 in each age group.

Entry Fee: Before July 24th = \$25.00
After July 24th = \$30.00
Race Day = \$35.00

Tee Shirts: Guaranteed to all runners registered by July 24th.

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

Additional Info and Mailing Address:

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

**Race proceeds will benefit Roanoke County
Parks, Recreation, and Tourism
and future races in the Roanoke Valley.**

Packet Pick-up and Course Preview

Packets may be picked up at Gilbert Chiropractic on Thursday 8/16/18 from 10-1 & 3-6pm, and also Saturday August 18th, 6:30a.m. until 7:45.

Directions to course - 2501 Parkside Road, Salem

- From I-81 take exit 137 and make a right off the exit onto Wildwood Road.
- Go approximately 3/4 mile and take a right, at the stoplight, onto West Main Street (460 West).
- Go to the third stoplight and take a left onto Duiguids Lane.
- Cross the bridge and the park will be on the right.

Age Groups

9 & under / 10-13 / 14-17 / 18-22 / 23-29 / 30-34 /
35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60 - 64 /
65 - 69 / 70 & Over

The top 3 winners in each age group above will receive medals.

Awards

- ◆ 1st Male and Female Overall: \$100 Cash on race day
- ◆ 2nd Male and Female Overall: \$50 Cash on race day
- ◆ 3rd Male and Female Overall: \$25 Cash on race day
- ◆ 1st Male and Female Masters: \$25 Cash on race Day
- ◆ **AGAIN THIS YEAR** - Special Award to 1st Under 18 Male & Female Finishers.

A unique award will be given to each overall winner above.

Detach and mail in with payment to: Mountain Junkies L.L.C. c/o Fab 5k Race, 212 East Main Street, Salem, VA 24153

A Mountain Junkies L.L.C. Event Fab 5K August 18th, 2018, 8:00a.m. Start

Last Name _____ MI _____
 Address (Street) _____ Birth Date: _____
 City _____ State _____ Zip _____
 Phone Number () - _____ Email _____
 Age on Race Day _____ Gender: M or F M/F Technical Shirts Until 7/24 (Unisex After): S M L XL

Assumption of Risk: I, the undersigned, do hereby waive and release myself, heirs, executors, and administrators, any and all rights and claims for damage, demands, and any other actions whatsoever that I may have against Mountain Junkies L.L.C., Roanoke County Parks, Recreation, and Tourism, volunteers, & all participants in this event. I also acknowledge that I fully understand that there is a risk of injury or death in any sport and that I am physically fit and capable of competing in, and completing this event. 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: _____ Signature (Parent/Guardian) _____ Date: _____
 (if under 18 guardian must also sign) (if applicable)