

Montvale 5 and 10 Mile Trail Races

Brought to You By:



Mountain Junkies LLC.
Presents
Montvale 5 and 10
Mile Trail Races

March 16th, 2019

9:00 a.m. Start

Location: Montvale Park

2019 Schedule of Events

- 01/12/19 - Frozen Toe 10k, 9:00a.m. start
- 02/02/19 - WazUPwidis? Obstacle and Stair Challenge
- 03/02/19 - Explore Your Limits 5/10k Trail Races, 9:00am start
- 03/16/19 - Montvale 5/10M Trail Races, 9:00a.m. start
- 04/06/19 - Mill Mountain Mayhem 10k Trail Race, 9:00am start
- 05/04/19 - Trail Nut 10k and 1/2 Marathon Trail Race, at Bedford's Falling Creek Park, 9:00am start
- 06/02/19 - Conquer the Cove Trail 25k & Marathon, at Carvins Cove, 6:30am start
- 08/17/19 - Fab 5k, at Roanoke County's Green Hill Park, 8:00am start
- 10/26/19 - Into the Darkness 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 LLC.

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(540) 525-9452

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www.mountainjunkies.net

Mountain Junkies L.L.C. Presents

Montvale 5 and 10 Mile Trail Races

March 16th, 2019

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: 13 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; 60-64; 65-69; 70 & Up.

Race Management reserves the right to add or remove age groups and awards depending on race participation.

Entry Fees: No Refunds

5 Mile On or before February 19th = \$25
After February 19th and race day = \$30
10 Mile On or before February 19th = \$30
After February 19th and race day = \$35

Tee Shirts: Guaranteed to all runners pre-registered on or before February 19th .

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 14th at Gilbert Chiropractic from 10-1 and 3-6pm and on race day 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 16th, 2019, 9:00a.m. Start

First Name _____

Last 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 Unisex T-Shirt Size S M L XL +\$2.00 for XXL

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)