

TRAIL NUT

10k and Half Marathon

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



Mountain Junkies L.L.C.
Presents the
TRAIL NUT
10k & Half Marathon
At Bedford's Falling Creek Park

May 4th, 2019

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)

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

TRAIL NUT - 10k & Half Marathon
C/O Mountain Junkies L.L.C.
212 East Main Street
Salem, VA 24153



Mountain Junkies L.L.C.

212 East Main Street
Salem, VA 24153
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Mountain Junkies L.L.C. Presents



TRAIL NUT **10k and Half Marathon** **May 4th, 2019** **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 starts with a long first loop of 9 miles followed by a shorter 4 mile loop. The race is 90% trail and 10% grassy fields.

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 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

10k	On or before April 9th	= \$27.50
	After April 9th	= \$32.00
	Race Day	= \$35.00
13.1M	On or before April 9th	= \$35.00
	After April 9th	= \$40.00
	Race Day	= \$45.00

Male and Female Specific Technical Shirts:

Guaranteed to all runners pre-registered on or before April 9th.

Make checks payable to:
Mountain Junkies LLC

Packet Pick-up and Course Preview

Packets may be picked up Thursday, May 2nd 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 8:40 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
info@mountainjunkies.net
(540) 525-9452
Josh Gilbert, 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 May 4th, 2019, 9:00a.m. Start

First Name _____ MI _____
 Address (Street) _____ Birthdate _____
 City _____ State _____ Zip _____
 Phone Number () - _____ Email _____
 Please circle the race you are entering: (10k) (13.1M)
 Age on Race Day _____ Gender: M or F Gender Specific 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 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)