

# TRAIL NUT

10k and Half Marathon

At Bedford's Falling Creek Park

is Brought to You By:



**Gilbert Chiropractic**

Joshua Aaron Gilbert, D.C.

212 East Main Street

Salem, VA 24153

(540) 375-3990

*Super* **SHOES**  
choices... feel good



**Outdoor Trails**

Outdoor Equipment & Clothier

## 2008 Mountain Junkies L.L.C. Races

- **August 16th, Fab 5k**, at Roanoke County's Green Hill Park, 8:00am start
- **November 1st, Into the Darkness Night Trail Running Race** at Virginia's Explore Park, 7:00pm start

**More dates to be scheduled soon!!!**

**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

May 10th, 2008

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) 375-3990

mountainjunkies@verizon.net

# Mountain Junkies L.L.C. Presents



## TRAIL NUT 10k and Half Marathon May 10th, 2008

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 for a second loop. The race is 90% trail and 10% grassy fields..

**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** Registration before April 26th = \$25  
After April 26th and race day = \$30  
**13.1M** Registration before April 26th = \$30  
After April 26th and race day = \$35

**Tee Shirts:** Guaranteed to all runners pre-registered on or before April 26th.

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

### Packet Pick-up and Course Preview

Packets may be picked up May 9th at Falling Creek Park from 5pm to 7pm and 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) 375-3990  
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 May 10th, 2008, 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., 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) SV