

# The Fab 5k

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



## 2010 Mountain Junkies L.L.C. Races

- 10/23/10 - 4th Into the Darkness 4 Mile Night Trail Run - 7:00pm Start time.

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



Presented by:

*Mountain Junkies L.L.C.*

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**Presents the 14th Annual**



*Mountain Junkies L.L.C.*

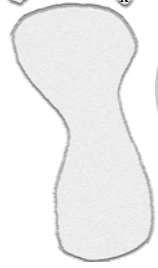
212 East Main Street  
Salem, VA 24153  
(540) 525-9452

[mountainjunkies@verizon.net](mailto:mountainjunkies@verizon.net)  
[www.mountainjunkies.net](http://www.mountainjunkies.net)

# Mountain Junkies L.L.C. Presents

14th annual

F a b 5 k



**August 21st, 2010**  
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 blacktop and gravel sections. Walkers Welcome.

**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.

## Grand Door Prize—\$1100 Rowe Sofa.

**Open Race Age Groups:** 11 male and female age groups with medals given to the top 3 in each age group.

**Entry Fee:** On or before August 7th = \$15  
After August 7th and race day = \$20

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

**Tee Shirts:** Guaranteed to all pre-registered runners.

### **Additional Info and Mailing Address:**

Josh Gilbert, Race Director (540) 525-9452  
Fab 5k Race  
212 East Main Street  
Salem, VA 24153  
info@mountainjunkies.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 Green Hill Park mobile stage Friday August 20th from 5:00p.m. to 6:00p.m., and also Saturday August 21st, 6:30a.m. until 7:45.

### Directions to course

- 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

13 & under / 14-17 / 18-22 / 23-29 / 30-34 /  
35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60 & 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.

# Next Race

October 23rd, 2010 - 4th Into the Darkness  
Night 4 Mile Trail Race

This is a unique Halloween inspired trail event. Come out for a great time and possible scare.

Come Play in the dark with us.

Email info@mountainjunkies.net for more info.

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 21st, 2010, 8:00a.m. Start**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

Address (Street) \_\_\_\_\_ Birth date: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number ( ) - \_\_\_\_\_ Email \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Gender: M or F T-Shirt Size 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)