

Conquer the Cove Trail 25k and Marathon

is Brought to You By:



Mountain Junkies LLC.

Presents

Conquer the Cove Trail 25k and Marathon

con-quer \`kän`kär \ to overcome by
mental or physical power
Carvins Cove Natural Reservoir
Roanoke, VA

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

Conquer the Cove
C/O Mountain Junkies L.L.C.
212 East Main Street
Salem, VA 24153



Mountain Junkies LLC.

Sunday

June 2nd, 2019

6:30 a.m. Start

Start/Finish Location at



Mountain Junkies LLC.

212 East Main Street
Salem, VA 24153

(540) 525-9452

info@mountainjunkies.net

www.mountainjunkies.net

Mountain Junkies LLC. Presents

Conquer the Cove

June 2nd, 2019

6:30 a.m. Start

Course:

See www.mountainjunkies.net/Carvins_Cove.htm for a complete course description and maps.

Both courses are loops consisting primarily of single track trail with sections of dirt or gravel access roads to link up trails.

The start and finish will be on a 1 mile section of asphalt.

25k - Will have 3 Aid Stations

Marathon - Will have 7 Aid Stations

Entry Fees: No Refunds

25k	On or before May 7th	= \$42
	After May 7th	= \$52
	Race Day	= \$55
26.2	On or before May 7th	= \$60
	After May 7th	= \$70
	Race Day	= \$75

Price includes a challenging well marked course, technical shirt with great design, finishers award, well stocked aide stations, and post race food with good people.

Technical wicking shirts: Guaranteed to all runners pre-registered on or before May 7th.

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

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 May 30th at Gilbert Chiropractic from 10-1 and 3-6pm and race day at Loch Haven Lake from 5:00-6:15.

Pre-Run Briefing

At 6:10 there will be an event briefing in the large pavilion. We will discuss the course, course markings, post event festivities, and answer any questions that arise.

**Directions to Event Headquarters
Loch Haven Lake**

From Roanoke:
2755 Loch Haven Lake Drive
Roanoke, VA, 24019

From I-81 North take exit 141 and take a right at the light onto route 419.

From I-81 South take exit 141 and take a left at the light onto route 419.

From route 419 Loch Haven Road will be the first right hand turn (almost immediately). Stay on this road until the entrance to Loch Haven Resort on the left at 2.3 miles.

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

Conquer the Cove Trail 25k and Marathon - June 2nd, 2019, 6:30a.m. Start

First Name _____ Last Name _____ MI _____

Address (Street) _____ Birthdate: _____

City _____ State _____ Zip _____

Phone Number () - _____ **Email _____

Please circle the race you are entering (25k) (Marathon) Age on Race Day _____ Gender: M or F

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

Male and Female Technical Wicking Shirts (Guaranteed to those registered by 5/7/19)

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., Loch Haven Lake Resort, the City of Roanoke, 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)