

Mountain Junkies LLC.

& Roanoke City Parks and Recreation present
February 1st, 2020 - 9:00am Start



WAZUPWIDIS is what you get when combine the urban race concept of Roanoke Parks and Recreation with the downtown elevation idea of Mountain Junkies LLC. Together we have partnered for a one of a kind event that will reach epic elevations.

What is it and where is the UP you are talkin' about?

This race is billed as "Roanoke's Most Breathtaking Event." The short of it is; run to, through, up, and over a few of Roanoke's landmarks, getting elevation in 3 of the city's parking garages, and finishing with a breathtaking climb and descent in the Wells Fargo Tower. You may be able to run, you may be able to climb, but can you do both?

It is very likely that at some point in this race you will think the words **What's Up With This** but due to the level of this challenge it will most likely come out as a one word gasp, thus the name **WAZUPWIDIS!**

11 Age Groups 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 and over.

The top 3 overall male and female and top masters winners will receive distinctive awards and the top three finishers in each age group will receive a unique handmade award recognizing their achievement.

Race Entry - \$30 pre-registration on or before January 7th
- \$40 after January 7th
- Race Day \$45

Race day registration and packet pick-up from 7:30 - 8:45am.

Only pre-registered racers are guaranteed a long sleeve Gender Specific Technical t-shirt

Make checks payable to Mountain Junkies L.L.C.
Mail to 212 East Main Street, Salem, VA 24153.
Contact: Josh Gilbert, 540-525-9452
info@mountainjunkies.net

Directions and more race information at www.wazupwidis.com

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2/01/20 - wazUPwidis - 9:00am

Name: _____ M or F Age (on race day): _____
Address: _____ Birth date: _____
City: _____ State: _____ Zip: _____
Telephone: (____) _____ E-mail: _____

My per mile 5k race pace: _____ My typical 5k finish time in 2019: _____

Circle your Size; Long Sleeve Gender specific tech shirt (until 1/7): { S } { M } { L } { XL }
(Only pre-registered racers are guaranteed a t-shirt)

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Assumption of Risk: I acknowledge that this athletic event, wazUPwidis carries with it the potential for serious injury and even death. The risks include, but are not limited to, those caused by terrain, facilities, weather, condition of athletes, equipment, vehicular traffic, and actions of other people including but not limited to, participants, volunteers, spectators, event officials, and the producers of the event. I hereby agree to assume all of the risks of participating in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released from dangerous or defective property owned, maintained, or controlled by them or because of their liability without fault.
I certify that I am physically fit and have trained sufficiently for participating in this event.
I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holder and organizers. In addition, I understand that there will be no refunds.
I will hold harmless and fully indemnify Mountain Junkies L.L.C., Roanoke City, the Transportation Museum, the owners and tenants of the Wells Fargo Tower, and race volunteers from any and all claims, damages, actions, liability and expenses now and in the future, in connection with any and all personal and bodily injury and/or damage or theft of personal property, be it foreseen or unforeseen.

Signature of Participant: _____ **Date:** _____

Signature (Parent / Guardian) _____ **Date:** _____
(Runners under 18 years of age)

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