

# Mountain Valley 10 Mile Run

**8:00 AM (earlier start) Saturday May 24, 2008**

**Keezletown, VA**

**Hosted By Shenandoah Valley Track Club**

**WWW.ValleyTrack.org**



**Awards: T-shirts to first 60 pre-registered runners. Last day for pre-registration May 14**

1st Male and Female \$50 Cash

2nd Male and Female \$25 Cash

Male and Female age group awards (19 and under,20-29,30-39,40-49,50-59,60+) .

**Course:** Mile flat; 1-1.5 100 ft. gain; 1.5-3.5 flat; 3.5-4.5 230 ft gain; 4.5- 5.5 230ft decline; 5.5 –10 rolling with 100 ft decline

**Questions:** Contact Rich Ruoizzi 540-833-4415, ValleySting@aol.com

**Registration:**

Make check to S.V.T.C. \_\_\_\_\_ \$20.00 for non-members \_\_\_\_\_ \$25.00 for non-members race day

\_\_\_\_\_ \$15.00 for S.V.T.C. members \_\_\_\_\_ \$20.00 for members race day

Shirt Size \_\_\_XXL \_\_\_XL \_\_\_Lg \_\_\_Med \_\_\_Sm

Mail to: Butch Proctor

131 Morningside Drive

Broadway, VA 22815

Or sign up race day

**Last day for pre-registration May 14**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Shenandoah Valley Track Club RELEASE FORM -

PLEASE READ BEFORE SIGNING. IT MUST BE SIGNED BY PARTICIPANT

(IF 18 OR OLDER) OR PARENT or GUARDIAN.

I know that participation in a track meet or road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by meet/race rules and any decision of a meet or race official relative to my ability to safely complete an event. I assume all risks associated with my participation in a track meet or road race including, but not limited to, falls, contact with other participants or traffic, conditions of the track facility or road. In consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Shenandoah Valley Track Club, their officers, meet sponsor, facilities and successors from all claims of liabilities of any kind arising out of my participation in a Shenandoah Valley Track Club meet, fun run, road race or event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian if participant is under age 18 \_\_\_\_\_

This year proceeds will go to establishing 10 scholarships to be presented to High School Senior Cross Country runners. Would you, your company, business or organization like to make a donation to the scholarship fund? All donation greater than \$20 will be named on the T-Shirt (must be received 10 days in advance for shirt)

\_\_\_\$500 \_\_\_\$250 \_\_\_\$100 \_\_\_\$50\_\_\_ \$20 \_\_\_\$10\_\_\_\$5

**Directions:**

From North or South of Harrisonburg from I-81 take Route 33 East exit. Travel 3.8 miles to stop light. Make a **left** turn on to Route 620, Indian Trail Road. (Right turn is Cross Key Rd). Travel about 1 mile to Keezletown Ruritan Club on right.

From East on Route 33 6.5 miles past the entrance to Massanutten Resort. At the stop light, make a **right** turn on to Route 620, Indian Trail Road. (Left turn is Cross Key Rd). Travel about 1 mile to Keezletown Ruritan Club on right.

March 28 Autism 5K March 29 Young Life 5k

June 14 DON GLICK CELEBRATION 5K