

Mountain Valley 10 Mile Run (3rd annual)

8:00 AM Saturday May 23, 2009

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 13

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

Scholarship donation _____ \$250 _____ \$150 _____ \$100 _____ \$50 _____ \$20 _____ \$10 _____ \$5

Would you like to a member of Shenandoah Valley Track club? Individual _____ \$10 Family _____ \$15

Shirt Size _____ **XXL** _____ **XL** _____ **Lg** _____ **Med** _____ **Sm**

Mail to: Butch Proctor

Or sign up race day

131 Morningside Drive

Last day for pre-registration May 13

Broadway, VA 22815

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.

Name _____ Sex _____ Age _____

Address _____ City _____ State _____ Zip _____

Phone _____ E-mail _____

Would you like to be part of our E-group E-mail list. _____ Yes _____ No

Signature _____ Date _____

Signature of parent or guardian if participant is under age 18 _____

Race proceeds will go to ten scholarships to be presented to High School Senior Cross Country runners. A donation of \$150 or more will be featured of the T-shirt. Also a mile marker with your or your business name. Any donation greater than \$20 will be named on the T-Shirt

(must be received 10 days in advance for shirt) _____ \$250 _____ \$150 _____ \$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.