

Mountain Valley 10 Mile Run

9:00 AM Saturday May 26, 2007

Keezletown, VA

Hosted By Shenandoah Valley Track Club

To Benefit: The Blue Ridge Area Food Bank Network



Awards: T-shirts to first 50 pre-registered runners. Last day for pre-registration May 16

1st Male and Female \$50 Restaurant Gift Certificate

2nd Male and Female \$25 Restaurant Gift Certificate

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

Course: Mile1flat;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 Or sign up race day
131 Morningside Drive **Last day for pre-registration May 16**
Broadway, VA 22815

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 _____

Would you, your company, business or organization like to make a donation to the race to benefit The Blue Ridge Area Food Bank Network? 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.