4th Annual Mountain Valley 10 Mile Run

8:00 AM Saturday May 22, 2010

Keezletown, VA (near Harrisonburg, VA)

Hosted By Shenandoah Valley Track Club

To benefit scholarship fund for local high school runners

WWW.ValleyTrack.org 540-833-4415 ValleySting@aol.com

Awards: **T-shirts to first 50 pre-registered runners.**

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+) .

Registration: **Last day for pre-registration May 12** Mail to: Butch Proctor
131 Morningside Drive
Broadway, VA 22815

Make check to S.V.T.C. _____ $25.00 for non-members race day _____ $20.00 for non-members
_____ $20.00 S.V.T.C members race day _____$15.00 for S.V.T.C. members

Scholarship donation ____$150 ___$100 ___$50__ $20 ___$10__$5

Would you like to a member of Shenandoah Valley Track club? Individual ___$12 Family ____$20

Circle Shirt Size XXL XL Lg Med Sm

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_____

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.