

The Fab 5k
 A Mountain Junkies L.L.C. Event
 is Brought to You By:

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 212 East Main Street
 Salem, VA 24153
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Fab 5k
 C/O Mountain Junkies L.L.C.
 212 East Main Street
 Salem, VA 24153



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Mountain Junkies L.L.C.

Mountain Junkies L.L.C.
 Presents the 12th Annual



Mountain Junkies L.L.C.
 212 East Main Street
 Salem, VA 24153
 (540) 375-3990
 mountainjunkies@verizon.net

Mountain Junkies L.L.C. Presents

12th annual



August 16th, 2008
Race Start At 8:00 a.m.
**Roanoke County's
Green Hill Park**

Course: Flat and fast course through beautiful Green Hill Park, with one creek crossing on a wood bridge. Mostly soft grass with some blacktop and gravel sections. Walkers Welcome.

Prizes: \$400 in cash will be distributed between the top 3 overall male and female finishers and the first male and female masters. Overall finishers also receive a unique award.

Grand Door Prize—\$600 Rowe Sofa.

Open Race Age Groups: 11 male and female age groups with medals given to the top 3 in each age group.

Entry Fee: Before August 2nd = \$15
After August 2nd and race day = \$20

Make checks payable to: Mountain Junkies L.L.C.

Tee Shirts: Guaranteed to all pre-registered runners.

Additional Info and Mailing Address:

Josh Gilbert DC, Race Director (540) 375-3990
Fab 5k Race
212 East Main Street
Salem, VA 24153
mountainjunkies@verizon.net

**Race proceeds will benefit Roanoke County
Parks, Recreation, and tourism
and future races in the Roanoke Valley.**

Packet Pick-up and Course Preview

Packets may be picked up at Green Hill Park mobile stage Friday August 17th from 5:00p.m. to 7:00p.m., and also Saturday August 18th, 6:30a.m. until start of race.

Directions to course

- From I-81 take exit 137 and make a right off the exit onto Wildwood Road.
- Go approximately 3/4 mile and take a right, at the stoplight, onto West Main Street (460 West).
- Go to the third stoplight and take a left onto Duiguids Lane.
- Cross the bridge and the park will be on the right.

Age Groups

13 & under / 14-17 / 18-22 / 23-29 / 30-34 /
35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60 & over

Awards

- ◆ 1st Male and Female Overall: \$100 Cash on race day
- ◆ 2nd Male and Female Overall: \$50 Cash on race day
- ◆ 3rd Male and Female Overall: \$25 Cash on race day
- ◆ 1st Male and Female Masters: \$25 Cash on race Day

A unique award will be given to each overall winner above. The top 3 winners in each age group above will receive medals.

Next Race

November 1st, 2008 - 2nd Into the Darkness
Night 4 Mile Trail Race at Virginia's Explore Park.

This is a unique Halloween inspired trail event. Come out for a great time and possible scare.

Come Play in the dark with us.

Email mountainjunkies@verizon.net for more info.

Detach and mail in with payment to: Mountain Junkies L.L.C., c/o Fab 5k Race, 212 East Main Street, Salem, VA 24153

A Mountain Junkies L.L.C. Event

Fab. 5K August 16th, 2008, 8:00a.m. Start

Last Name _____ First Name _____ MI _____

Address (Street) _____

City _____ State _____ Zip _____

Phone Number () - _____ Email _____

Age on Race Day _____ Gender: M or F _____ T-Shirt Size S M L XL

Assumption of Risk: I, the undersigned, do hereby waive and release myself, heirs, executors, and administrators, any and all rights and claims for damage, demands, and any other actions whatsoever that I may have against Mountain Junkies L.L.C., Roanoke County Parks, Recreation, and Tourism & all participants in this event. I also acknowledge that I fully understand that there is a risk of injury or death in any sport and that I am physically fit and capable of competing in, and completing this event. Further, I grant permission to Mountain Junkies L.L.C. to use any photographs, motion pictures, or other recording of the event for legitimate purposes. In addition, I understand there will be no refunds.

Signature: _____ Signature (Parent/Guardian) _____ Date: _____
(if under 18 guardian must also sign) (if applicable)