

The Fab 5K Race & Fun Run

August 18th, 2007

8:00 a.m. Start

Green Hill Park, Salem VA

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!!!

Prize Money: \$600.00 total to be distributed among the top 4 overall male and female finishers and the first male and female masters.

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

Entry Fee: Before August 11th, 2007 = \$15.00
After August 20th and on race day = \$20.00

Additional Info.: Gilbert Chiropractic
and to mail entry forms C/O Fab 5k
212 East Main Street
Salem, VA 24153
Phone : 540-375-3990

THE RACE IS BEING BROUGHT TO YOU IN PART BY

Roanoke Co. Parks, Rec., & Tourism
Gilbert Chiropractic

Super Shoes
Kirby-Vass Insulation
Blue Ridge Monument, Inc.

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

Last Name _____ First _____ MI _____

Address (Street) _____

City _____ State _____ Zip _____

Phone () - _____ Age on Race Day _____ Gender: M or F

T-Shirt Size S M L XL

Waiver: 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.

Signature: _____ Date: _____

Signature(Parent / Guardian) _____ Date: _____
(if runner is under 18 years of age)