



# Into the Darkness—Night 5 Mile Trail Run

At Virginia's Explore Park

Brought to you by Mountain Junkies, L.L.C.

October 27th, 2007 at 7:00 p.m.

\$20.00 for registrations made by October 20th

\$30.00 for registration postmarked after Oct. 20th

**Pre-registered Runners get a race T-shirt!**

This is going to be one of the Roanoke Valley's most unique events. The course will take you through miles of IMBA designed trails. The course consists of twisty rolling single track. These trails will be marked with reflective flagging and glow sticks. Every effort will be taken so that you will easily be able to find your way and stay on course.



It is recommended that you have at least a headlamp or flashlight. Some runners find that it is best for them to carry one of each. We will leave this up to your personal preference. It is recommended that you try your choice of light source under similar conditions prior to running the race.

**PLEASE NOTE—Headlamps, flashlights, and any other light source will not be provided by race management.**

Age brackets for the races include, for both male and female:

19 and under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 and over

The top 3 overall male and female finishers for each race will receive distinctive awards. The top three finishers in each age group will receive a medal recognizing their achievement.

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### ENTRY FORM (Please take every effort to write legibly)

Name: \_\_\_\_\_ M or F Age (on race day): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

Circle your T-shirt size: { S } { M } { L } { XL } (Only pre-registered runners are guaranteed a t-shirt)

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

**Mail to 212 East Main Street, Salem, VA 24153.**

**Contact: Josh Gilbert DC, 540-375-3990, or Email—mountainjunkies@verizon.net**

**Assumption of Risk:** I acknowledge that this athletic event, Into the Darkness Trail Race, carries with it the potential for serious injury, property loss, and even death. The risks include, but are not limited to, those caused by terrain, darkness, facilities, weather, condition of athletes, equipment, vehicular traffic, and actions of other people including but not limited to, participants, volunteers, spectators, event officials, and the producers of the event. I hereby agree to assume all of the risks of participating in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released from dangerous or defective property owned, maintained, or controlled by them or because of their liability without fault.

I certify that I am physically fit, have trained sufficiently for participating in this event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holder and organizers.

I will hold harmless and fully indemnify Mountain Junkies L.L.C., Virginia's Explore Park, and race volunteers from any and all claims, damages, actions, liability and expenses now and in the future, in connection with any and all personal and bodily injury and/or damage or theft of personal property, be it foreseen or unforeseen.

**By signing below, the participant and/or guardian of the youth registered on this form authorizes him or her to participate in the Into the Darkness race and signifies agreement to all the terms and releases stated on this registration form.**

**Signature of Participant:** \_\_\_\_\_ **Date:** \_\_\_\_\_