

# BRUSH MOUNTAIN

## TRAIL RUNNING

15 Mile Race: 9:30am

8 Mile Race: 9:30am

3 Mile Race: 9:00am

**When:** OCTOBER 24, 2009

**Where:** Pandapas Park

Jefferson National Forest

**Why:** If you have to ask don't bother showing up...

**Who:** Anyone who is up for a challenge and some fun!



Brief Description:	The 15 miler, 8 miler and 3 mile fun run are all on trails inside Pandapas Park which is part of the Jefferson National Forest. The run features a challenging course with many hills and some creek crossings (water less than knee deep). There are rest stations with energy gels, bars, water and Gatorade drink.
Prices:	Brush Mountain Breakdown 15 miler: \$30.00 (before Oct. 21 <sup>st</sup> ) Brush Mountain 8 miler: \$20.00 (before Oct. 21 <sup>st</sup> ) Brush Mountain 3 mile Fun Run: \$12.00 (before Oct. 21 <sup>st</sup> )
Course Description:	All the Brush Mountain races are on trails and very limited sections of forest fire roads. The trails cross creeks and offer a good challenge with hills. The trails are well used and are in the scenic Jefferson National Forest.
Registration closes:	Early registration is until October 21st. After October 21st the fee goes up for late registration. The trail run is limited to 300 runners so there may or may not be day of race registration available depending on number of registrants. Please call 540-552-9339 to find out registration numbers. ONLINE registration is available through bikereg.com. Early registration ends October 21 <sup>st</sup> online.
Rest/ Aid stations:	There will be four aid stations for the 15 miler and two for the 8 miler trail run. The aid stations will have water, gatorade, energy gels and bars. The aid stations are about every 5 kilometers.
Shirts:	All FINISHERS of the 15 mile earn a free pair of socks with the Brush Mountain logo. All 15 miler participants receive a technical long sleeve shirt. Participants must finish within the FOUR hour time frame to get your awesome socks. 8 and 3 mile participants all receive a long sleeve shirt.
Awards:	15 miler and 8 miler ~ Awards are given to the top two in each age group (top three in 19-24) for men and women and top three finishers overall (also by gender). The age groups for the 15 miler and 8 miler are 18 and under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-55, 56-60, 61+ and over 3 mile ~ The top five finishers receive an award - not by age groups.
15 mile trail race fees:	Register on or before October 21st: \$30.00 Register after Oct. 21st and before race day: \$40.00 Register on race day: \$45.00* We do have a maximum number of entries allowed.
8 mile race fees:	Register on or before October 21st: \$20.00 Register after Oct. 21st and before race day: \$30.00 Register on race day: \$35.00 * We do have a maximum number of entries allowed.
3 mile race fees:	Register on or before October 21st: \$12.00 Register after Oct. 21st and before race day: \$15.00 Register on race day: \$20.00* We do have a maximum number of entries allowed.
Additional Information:	Please see <a href="http://www.runaboutsports.com">www.runaboutsports.com</a> for additional information or email James at <a href="mailto:james@runaboutsports.com">james@runaboutsports.com</a>

Schedule ~ The 3 mile fun run at 9:00am. The 15 mile and 8 mile trail run will start at 9:30am. Awards ~ Awards and door prizes will take place at the University Mall in Blacksburg (off Prices Fork Road and University City Mall) at Runabout Sports at 3:00pm.