

Trail Running in SW Virginia

This year we have teamed up with Mountain Junkies LLC in an effort to bring trail running to SW Virginia. Our companies have been setup with a similar goal of pushing your physical and mental limits. Between our two race schedules you could have a busy year. Mountain Junkies LLC was created to be all things trail. Their website has information for trails all over SW Virginia and links to places they have personally explored in and around the rest of the US.

Mountain Junkies LLC Race Schedule for 2010 has 5 trail running races and 1 cross country race. Their next race, the Explore Your Limits event, is a special one. Due to the circumstances surrounding the Explore Park there is no telling when this race will come to an end. Come out and participate in one of the Roanoke Valley's best single track venues while you still can. The 5k is a great race to get introduced to trail running and the 10k is a challenge for all levels. **Register before 2/20/10 to guarantee a race t-shirt and to avoid the price increase.**

See www.mountainjunkies.net/explore_your_limits.htm for complete race details and registration information and race flyer.

2010 Trail Race Schedule:

Mountain Junkies LLC

- * - 3/06/10 - [Explore Your Limits VI](#) - 5k and 10k at Virginia's Explore Park
 - * - 3/27/10 - [Montvale 5 mile and 10 mile Trail Races](#) at Montvale Park
 - * - 4/17/10 - [Mill Mountain Mayhem 10k](#) at Mill Mountain Park
 - This is the only running race held on the trails of Mill Mountain.
 - * - 6/05/10 - [2nd Trail Nut 10k and Half Marathon](#) at Bedford's Falling Creek Park
 - 8/21/10 - [14th Annual Fab 5k](#) at Roanoke County's Green Hill Park
 - * - 10/23/10 - [4th Into the Darkness Night Trail Run](#)
- *These Races are part of the Roanoke Non Ultra Trail Series (R NUTS)**

Odyssey Adventure Racing

9/18/10- [Trail Running Rampage](#)- 5M,13M, 26M, 40M at Douthat State Park, VA

The Roanoke Non Ultra Trails Series - UPDATE:

The rules and eligibility info has been posted to the website. This series has been set up to help motivate you to push your limits. As of now there is a \$10 entry fee (in addition to the race fees) on or before 3/6/10. The fee will increase to \$15 between the dates of 3/7/10 and 3/27/10 and then \$20 between 3/28/10 and 4/17/10. This includes, at a minimum, a R NUTS screen printed long sleeve wicking shirt for all entrants (men's and women's sizes are available) that finish a minimum of 4 events. The top 3 men and women will receive unique plaques and an upgraded heavier weight long sleeve zip shirt (again, men's and women's sizes are available). See website for complete details.

I still need a few volunteers for each of the above races. Please let me know if you would be available to help out. By volunteering for races you will get credit towards future races.

Website:

I would encourage you to check out the [Roanoke Area Trails](#) page, the [Trails](#) page, and the [Adventures](#) page to see where you can find great single track and backwoods trails. I will be continuing to update these pages. I'm in the process of adding more information on hiking/running on the Appalachian Trail. Feel free to give me suggestions, additions, or reviews of these trail locations. I want to make this site a resource for what SW Virginia has to offer and a way to get more people outside and into the woods.

What we are looking for:

**Someone that works with metal cutting, laser engraving, metal sign work.
Fitness, sports, and health related businesses that would like to sponsor our races.**

Mountain Junkies now has a Facebook Group, come be our friend

<http://www.facebook.com/?ref=home#/group.php?gid=51687147076>

I hope to see you out on the trails,

**Josh Gilbert
Mountain Junkies LLC
540-525-9452**

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