

# Greasy-Gooney 10K

Saturday 24 October 2009  
Browntown, VA • 9 AM

## Schedule of events

7:45 to 8:45 AM - Race day registration & check-in  
9:00 AM - 10K start\*

10:15 AM - Approximate start of awards ceremony

\* NOTE: The starting line is 0.8 miles west of Browntown on Route 613. Please arrive early enough so that you will have time to walk or jog to the starting line before the 9:00 AM start.

## Entry fees

\$28 with a short-sleeve "performance fabric" shirt

\$12 without a shirt

\$1 discount for members of the Shenandoah Valley Runners

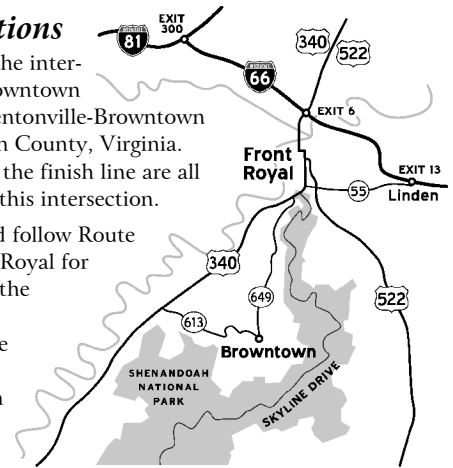
Fees remain the same on race day, but shirt supply may be limited.

Any proceeds will benefit the Warren Heritage Society and the Browntown Community Center Association.

## Location & directions

Browntown is located at the intersection of Route 649 (Browntown-Browntown Road) and Route 613 (Bentonville-Browntown Road) in southern Warren County, Virginia. Parking, registration, and the finish line are all within a stone's throw of this intersection.

From I-66, take exit 6 and follow Route 340 south through Front Royal for four miles. After passing the entrance to Shenandoah National Park and Skyline Drive, take the next left onto Rt. 649 (Browntown Road). Continue for 7.6 miles to Browntown.



## Special thanks

Tom Lacombe & O.J. Rudacille General Mdse.  
Browntown Community Center Association • Browntown Baptist Church



## Course

Beautiful & challenging 10K (6.2 mile) loop through the foothills of the Blue Ridge Mountains at the height of the fall foliage season. First half is mostly uphill (480 feet of elevation gain), second half is mostly downhill. USATF certified (VA99025RT). Two-thirds gravel, one-third paved. Minimum one water stop.

## Awards

Trophies for the top three males & females in the following divisions: Overall, 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 & over.

## For more information

Contact race directors Karsten Brown at (540) 635-1773 (karsten@shentel.net) or Terry Leckie at (540) 635-1025.

Race updates, course maps, photos, past results, event records, directions, and more can be found on the race's Web site at:

<http://user.shentel.net/karsten/gg10k/>

(For safety & insurance reasons, participants may not run the race with headphones, baby joggers/strollers, or dogs. Entries are non-refundable and non-transferable.)

## Entry Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

### Entry fee:

\$12 - without a shirt

\$28 - with a shirt:

S  M  L  XL

Address: \_\_\_\_\_ DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

month day year

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

SVR member?  yes  no

(\$1 discount for SVR members)

Phone: (\_\_\_\_) \_\_\_\_\_ — \_\_\_\_\_ E-mail: \_\_\_\_\_

Amount enclosed: \$ \_\_\_\_\_

Make checks payable to "SVR" and mail with entry form to:

Greasy-Gooney 10K  
c/o Karsten Brown  
1195 South River Road  
Front Royal, VA 22630-8317

WAIVER: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any of the following: the Shenandoah Valley Runners, the Warren Heritage Society, Terry Leckie, Karsten Brown, the owners of the property on which the race is being staged, and all additional contributors, sponsors and assigns for any injuries suffered by me in the scheduled October 24th, 2009 event. I attest and verify that I am physically fit and have effectively trained to complete this race. I understand the event's rules and restrictions, assume all risks associated with the event, and agree to abide by the decision of any race official relative to my participation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or guardian's signature if under 18)