

## About Masterpiece Fitness

Masterpiece Fitness is owned and operated by Teresa Roberts. Teresa is a certified personal trainer with World International Training Schools. (WITS) She is also certified with WaterArt International as a WaterArt fitness instructor, water rehabilitation specialist and sports conditioning specialist. She is also certified with Cancer Exercise Training Institute as a Cancer Exercise Specialist.

The goal of Masterpiece Fitness is to motivate, educate and teach people how to enjoy an active lifestyle. Teresa is available for personal training on land or in the water. Her passion is outdoor living. She trains people for trail running, cross country skiing, kayaking, leads hikes and coordinates races as well, such as the Duathlon in Fries

Let Masterpiece Fitness help you! Teresa is available for motivational speaking and writing.



[www.masterpiecefitness.com](http://www.masterpiecefitness.com)

## About the Trail Run

The run consists of 8 miles of true mountain bike trails winding through Matthews State Forest. The trail is incredibly beautiful with thick mountain laurels, mature hardwoods, wild ferns and other forest greenery. You will cross small creeks and jump logs as well as experience extreme up and down hills, switch-backs and single tracks. The trail is full of natural and man made obstacles such as rocks, roots, downed trees and log piles

The course is "run-able", but walking is totally acceptable and will probably be necessary for parts of the course. All hikers and walkers are welcomed. Come enjoy a challenging event of sheer ecstasy and experience a sense of great accomplishment... but you will be happy to reach the finish!!

**Start Time 9:00 am**  
**Please Arrive by 8:30 am**  
**Matthew State Forest**  
**Galax, Virginia**

### Directions:

Traveling Highway 58 West (East Stuart Drive) into Galax, continue on 58 through the stoplight at Main Street and go for 1.7 miles. Turn left onto Meadow Creek Road (Rt. 607) and continue for 1.4 miles. Turn right onto White Pine Road (Rt. 617) Go 0.2 miles and the parking lot will be on the right past the large barn. This is the location of the finish.



**Matthews Forest Trail Run**  
**8+ Miles**



**Saturday, April 5, 2014,**  
**9:00 am**  
**Matthews State Forest, Galax, VA**

# Matthews Forest Trail Run

April 5th, 2014

9:00am

Matthews State Forest, Galax VA

## FEES (non-refundable)

Early Bird Registration by March 15th is \$25

Registration after that date will be \$30

Registration Deadline is March 28th

No Race Day Registration

No Renegade Runners Allowed

No T-Shirts if You Register After March 26th

No Exceptions

## Awards and Presentations

Overall: Top 1st, 2nd, & 3rd in Male and Female

## Age Groups:

14-under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over

Masters: 40+, one Male, one Female

(No Double Dipping)



For more Information, please contact

## Masterpiece Fitness

Teresa Roberts, Race Coordinator  
276.236.8748 or 276.237.6680 cell  
[teresa.roberts888@gmail.com](mailto:teresa.roberts888@gmail.com)  
or visit [www.MasterpieceFitness.com](http://www.MasterpieceFitness.com)

# 2014 Matthews Trail Run Official Entry

## Waiver

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless Masterpiece Fitness and Matthews State Forest and/or the owners and lessors of premises used to conduct the Trail Run, their officers, officials, agents and/or employees ("The Releasees"), with respect to any and all injury, disability, death or loss or damage to person or property, whether caused by the negligence of the Releasees or otherwise, except that which is the result of gross negligence and/or wanton misconduct, resulting from or arising in the course of the Trail Run.

I understand that film, photographs, or other media may be taken of me. I grant permission for my photograph, video, or other media to be taken and used. I understand that I have the right to request cessation of production of recording, filming, or making of the media. I have the right to rescind consent before th photo; video or other media is used. I acknowledge and agree that such media may be used by Masterpiece Fitness and all its related entities and agencies for advertising and promotional purposes in any medium, without compensation to me.

I understand if emergency medical treatment is necessary, any available physician and/or ambulance service and/or healthcare facility may be contacted. I acknowledge that I am responsible for payment of such services.

Name: \_\_\_\_\_

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

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**sign me up for email updates for**

☐ Event updates

☐ Daily Devotionals

☐ Fitness Updates

Age on Race Day: \_\_\_\_\_ Gender: **M / F**

T-Shirt Size: (circle one)

S M L XL XXL(\$2 extra)

**Please complete and mail with check to:**

**Masterpiece Fitness**

300 Eagles Nest Drive

Woodlawn, VA 24381

276.236.8748

276.237.6680 cell

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

Parent/Guardian (if under 18): \_\_\_\_\_

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

**Waiver Must be Signed by Each Person to Participate**

In case of emergency, please notify: \_\_\_\_\_ Phone: \_\_\_\_\_