



EXPLORE YOUR LIMITS III

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Explore Your Limits III 5k/10k Trail Run **Saturday, March 3, 2007** **Roanoke, Virginia**

If you are looking for a fun, low key early spring workout in a unique, breathtakingly beautiful part of Virginia, then circle your race calendar for Saturday, March 3, 2007.

It's called *Explore Your Limits* since it does have a hill or two, but so does every run in the Roanoke Valley.

What makes it unique is that both courses contain sections where you will time travel through the past: a Native American village, circa 1671; and a loop through our 19th century Valley Community, where you will pass a farmhouse from 1850 and a blacksmith shop. The course also parallels part of the Roanoke River and, if you register for the 10k, you will also get to experience our beautiful mountain bike trails in the forest nearby the Historic Areas.

Another unique quality about this race: the overall top awards are handmade by our interpretive staff. This year's awards will be arrows made by our Native American interpreter.

Don't hesitate to enter if you've not yet done a trail race. No previous trail experience is really needed, just an appreciation of the outdoors, which as a runner you already have!

Contact Trina Nicholson at 540-427-1800 ext 333 for more information or by e-mail at tnicholson@explorepark.org.

A race flyer can be found at <http://www.explorepark.org/recreation/index.html>.