



Feb 21st- Candler's Mtn, 5k Trail Race
May 2nd- Bald Mtn, 10k Trail Race
Oct 17th- Deep Hollow 1/2 Marathon
Nov 14th- Valley View 5 Miler

Awards- Awards will be given to the top 3 overall runners in the LMTS, the top male and female masters runners, and the top 3 in each age group of the LMTS. Awards will be given at the end of 2009 at a ceremony which will later be announced.

Cost-Free! The entry fees of the races you participate in automatically qualify you for the LMTS.

Rules and Regulations- The LMTS is comprised of four races. Each race in the series will be assigned a point value in relation to the distance of the race. The Deep Hollow Half Marathon will be assigned the most, the Bald Mtn. 10k will have the next highest amount of points, then the Valley View 5 Miler, and the Candler's Mtn. 5k will have the least amount of points assigned to it. Runners who place top three overall or top three in their age group will receive additional point values in relation to their place.

Information: Go to www.liberty.edu/studentactivities and click on trail races

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