

10K RUN FOR THE HEART

Organized by Knights of Columbus Council 5480, Newport News, VA

To benefit the American Heart Association



APRIL 10, 2010
8:30 AM



Newport News Park (Ft. Eustis Blvd @ Old Stable Road) Newport News, VA

Entry Fee: \$15 Pre-registration (Post Marked by March 27, 2010)

\$18 Late Registration (after March 27, 2010)

\$20 Day of Race

Prizes awarded to the top three overall men and women and to the top three men and women by age groups (19-under, 20-29, 30-39, 40-49, 50-59, and 60-over)

T-shirts guaranteed to all who pre-register, race day registrants will receive T-shirts while supplies last

Door prizes will be awarded during post-race awards ceremony; Food and beverages for all participants

Course: Newport News Park; start at intersection of Constitution Way and Old Stable Road, finish on Old Stable Road. First 5/8 mile and final 1/2 mile on asphalt roads, remaining 5 miles on scenic, mostly flat Newport News trails, including the Bike Way. Parking at Newport News Park lot off Ft. Eustis Blvd. at Old Stable Road

Directions: From Richmond/Williamsburg take I64E to Exit 250B, Ft. Eustis Blvd., straight at 1st light, travel about 1/4 mile, left into parking lot. From Norfolk/Hampton take I64W to Exit 250B, Ft. Eustis Blvd., turn left at light, then right at 1st light onto Ft. Eustis Blvd., travel about 1/4 mile, left into parking lot

Questions: call Dan Abahazy at 757-873-0266 or email dabahazy@verizon.net

This Race is a Peninsula Track Club Grand Prix Event

Finish line results and race support provided by the Peninsula Track club

Make Checks payable to:
Knight of Columbus
Memo:
10K Run for the Heart

Mail form and entry to:
Dan Abahazy
47 James Landing Road
Newport News, VA 23606

Sex: ☐ M ☐ F

Date of Birth (mm/dd/yyyy)

Name

Number and Street

City, State and Zip Code

Phone Number

T-shirt size S M L XL

Waiver: I know that running a road race is a potentially hazardous activity. I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including high heat or humidity, traffic, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry I for myself and for anyone entitled to act on my behalf waive and release the Knights of Columbus, the Road Runners Club of America, the Peninsula Track Club, and the City of Newport News, VA from any liability

Signature and/or Signature of Parent/Guardian
if under 18 years of age

Date