

**I Am Strong**  
**I Am Determined**  
**I Am Courageous**  
**I Am A Runner**



## **I AM 10K and 1 Mile Fun Run**

Saturday, January 14, 2012 ■ Newport News Park, Virginia

### **Awards** (3 each)

Top finishers,  
Male and Female

|            |           |
|------------|-----------|
| 14 & under | 40-44     |
| 15-18      | 45-49     |
| 19-24      | 50-54     |
| 25-29      | 55-59     |
| 30-34      | 60 & over |
| 35-39      |           |

|                                    |          |
|------------------------------------|----------|
| <b>Onsite registration begins:</b> | 08:00 AM |
| <b>Free Fun Run begins:</b>        | 09:00 AM |
| <b>I AM 10K begins:</b>            | 10:00 AM |
| <b>Awards presentation:</b>        | 12:00 PM |

**Location:** Newport News Park at Old Stable Road  
**Entry:** \$25.00 Race Day Registration Available

Online Registration available at: [www.lam10K.com](http://www.lam10K.com)  
additional race details available at: [www.lamfitnessraces.com](http://www.lamfitnessraces.com)

Please complete the entry form below and a check (Make checks payable to I AM Fitness, LLC) and mail to:

**I AM Fitness, LLC - I AM 10K Run - c/o Windle Day - 94 Anchorage Drive - Newport News, VA 23602**

Proceeds go to Menchville House & Military Ministry

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Mailing Address-Street (Include APT #): \_\_\_\_\_

City \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

T-Shirt Size: **S M LG XL XXL** email: \_\_\_\_\_

T-Shirt Only \$15.00

\$25.00 Registration

I would like to donate \$ \_\_\_\_\_

I know that running or otherwise participating in a road race is a potentially hazardous activity which could cause injury or death. I understand that I should not enter and participate unless I am able to perform in this event. I am in good health and properly trained. I agree and will abide by any decision of a race official relative to any aspect of my participation in this event including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with participating in this event including but not limited to: falls, contact with other participants, events of weather, high or low temperatures, humidity, traffic or road conditions; all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or blades, animals and radio headsets are prohibited and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the I Am Fitness LLC, Peninsula Track Club, Newport News Park, City of Newport News and all sponsors and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other recording of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Parent if less than 18 years old: \_\_\_\_\_



# I AM FITNESS

## Inspired With Purpose



Proceeds will go to...



Menchville House is a long term transitional facility for homeless women and children. This charity assists women in returning to self-sufficiency by offering housing assistance, financial literacy programs, goal development, employment assistance and many other opportunities. For more information about Menchville House go to

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



We also benefit Military Ministry. This charity helps minister to the unique needs of service members and their family members. They help service members reintegrate with family life after deployments and ministers to service members with PTSD and other forms of combat trauma. They offer a wealth of ministry resources that include "The Combat Trauma Healing manual," "When War Comes Home," and the "Spiritual Fitness Handbook." For more information on Military Ministries go to

[www.militaryministry.org](http://www.militaryministry.org)



Race Director: Windle A. Day  
[Windle@iamfitnessraces.com](mailto:Windle@iamfitnessraces.com) 757-291-7350