

Registration Fees:

- \$25 before 12/15/12
- \$30 before 1/25/13
- \$35 on race day
- \$10 Pre-race spaghetti feed

Runners Get:

- Long-sleeve technical shirt
- Medallions for all finishers
- A post-race party with sandwiches, drinks, and dessert, along with awards ceremony.

Questions?

- John Edwards –(757) 876-8386 or murmur291@gmail.com
- More information at www.kofc5480.org

Enjoy a brisk out-and-back run along the historic Yorktown Battlefield tour roads. Water/Gatorade stations along the way will provide refreshments.



Finish with a post-race awards ceremony at York High School.

Schedule of Events:

- Friday, 25 January 2013
 - 4 to 8 p.m. - Packet pickup at Knights of Columbus Hall (100 Columbus Way, Newport News, VA)
 - 6:30 to 8 p.m. - Spaghetti feed at Knights of Columbus Hall - \$10.00 per person with all proceeds benefiting the American Heart Association.
- Saturday, 26 January 2013
 - 8 to 9:45 a.m. – Packet pickup at York High School. (Race day registration ends at 9:30 a.m.)
 - 10 a.m. – **Knights of Columbus 10-Mile Run for the Heart**
 - 11 a.m. to 1 p.m. – Post run party and awards ceremony at York High School.

Please Print Legibly: Each competitor must complete and sign this form, agreeing to the waiver as described below. Incomplete entry forms will not be accepted. Only one person per application. Photocopies are okay. The Knights of Columbus 10-Mile Run for the Heart is not responsible for late or misdirected applications. Absolutely no refunds. Competitors may also sign up via www.raceit.com.

First Name	M.I	Last Name
Address (include Apt #)		
City	State	Zip code
Email Address	Phone Number	Date of Birth (MMDDYYYY)
Male/Female (Circle One)	S M L XL Shirt Size (Circle One)	Spaghetti Feed (optional) Y N (Circle One)

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 Knights of Columbus, the Road Runners Club of America, the Peninsula Track Club, the York County School Board, York County, VA, National Park Service 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	Date
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American Heart Association® 
Learn and Live™

From Route 17 North: Take Route 17 for 3 miles past the York River, to York High School on the left. Parking and registration is at York High School on Route 17.

The logo for the Knights of Columbus (K of C) is a large, stylized Maltese cross. The cross is primarily yellow with a thick blue outline. The four triangular points of the cross are filled with red. In the center of the cross is a blue shield. On the shield, there are three white symbols: a cross with a fluted column in the center, an anchor, and a rope coiled around the cross. Above the shield, the letters "K OF C" are written in a bold, blue, serif font. A registered trademark symbol (®) is located to the right of the letters.

Yorktown, Virginia

www.kofc5480.org