

Registration Fees:

- \$25 if postmarked before 12/13/13
- \$30 if postmarked before 1/17/14
- \$35 through race day
- \$10 Pre-race spaghetti feed
- PTC Race Passes accepted!

Runners Get:

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

Questions?

- John Edwards –
kofc10milerunfortheheart@outlook.com or
(757) 876-8386
- 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, 24 January 2014
 - 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, 25 January 2014
 - 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. Make Checks Payable to "Knights of Columbus Council 5480" with "Run for the Heart" in the memo line. Mail entries to: Knights of Columbus Council 5480, 100 Columbus way, Newport News, VA 23606.

First Name

M.I

Last Name

Address (include Apt #)

City

State

Zip code

Email Address

Phone Number

Date of Birth (MMDDVVVV)

Male/Female (Circle One)

S M L XL Shift 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