



21st Annual Knights of Columbus State College Adventure 5K

Knights of Columbus 5K Race



When: Sunday, October 9, 2011. Race time: 1 pm
Check-in and race day registration start at 11:30 am

Where: Knights of Columbus Hall, 850 Stratford Dr., State College, PA

Course: An *adventure course* on streets, bike paths and athletic fields between the Knights Hall and State High.
Due to Park Regulations no dogs allowed.

Purpose: To commemorate Columbus Day and to benefit:
The Childrens' Department of Schlow Centre Region Library

Registration: *Individuals:* \$15 if postmarked by October 1st. \$18 afterward and on race day
Families: Full fee for the first two family members, \$12 each additional family member.
NVRC members subtract \$1. Make checks payable to **NVRC - No Refunds**
Mail entries to: Knights of Columbus 5K, P.O. Box 1024, State College, PA 16804
Online with active.com <http://www.active.com/running/state-college-pa/knights-of-columbus-5k-2011>
Or register on race day. **T-shirt** guaranteed to all pre-registrants and on race day while supplies last.

Awards: Overall 1st-3rd place men and women runners.
1st-3rd place for men and women runners in the following categories:
Kids: 12 and under, 13-16, 17-19
Adults: 20-24, and 5-year age groups through 80 and over

Kids' races: Kids' ¼ mile and ½ mile races after 5K at approximately 1:45 pm.
Kids' races are free, but parents must sign separate waiver available on race day.

Beginners: The Knights Race is the official Nittany Valley Running Club Beginners Race. Visit the NVRC
<http://www.nvrun.com/index.php/training/coaching-guides>

Questions? See the Knights Race Web Page:
<http://www.nvrun.com/index.php/racing/club-sponsored/knights-of-columbus-5k>
Or contact race director Christine Rodgers at rodgers987@hotmail.com

Name _____ Age on Race Day _____ Sex: M F

Address _____ City _____ State _____ ZIP _____

T-shirt Size (Men's): S M L XL Email _____

Beginning Runner? (*I have never run a road race of 5K or longer*) Yes No

In consideration of the acceptance of my entry, and, intending to be legally bound, I hereby, for myself, my heirs, my executors and administrators, do waive, release and discharge all rights and claims which I may have, or which may hereafter accrue to me, against Christine Rodgers, the Nittany Valley Running Club, and any and all members of the State College Knights of Columbus #4678, their parent organization, Knights of Columbus, New Haven, CT, all named and unnamed sponsors and volunteers, and the Borough of State College, while travelling to and from the event, participating in the event, using any and all facilities, for any and all injuries suffered by me in this event. I understand that a 5 kilometer (3.1 mile) race is potentially dangerous and hereby attest and affirm that I am sufficiently conditioned for this event.

Signature of Entrant _____ Date _____

Parent Signature (if under 18) _____ Phone _____