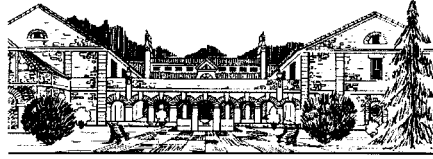


St. Louis the King Knights of Columbus 10K Run, Fun Walk & Kids Fun Run

5th Annual

Saturday, August 30, 2008

8:00 A.M.



On the grounds of The Shrine of St. Anthony, Ellicott City, Maryland

Raising Funds for

The Arc of Howard County, Inc.
FISH of Howard County, Inc.
The Shrine of St. Anthony
 and Other Local Charities

Race Course Information: The competitive and challenging 10K race course starts and finishes at the Shrine of St. Anthony, 12290 Folly Quarter Road, Ellicott City, Maryland 21042. It takes you through surrounding neighborhoods and scenic western Ellicott City countryside. It is USATF Certified: MD07010JS, and is open to traffic. The ¾ mile Fun Walk is entirely on the grounds, as is the ¾ Mile Kids Fun Run for children age 12 and under.

Awards/Amenities: Cash awards (1st place \$150; 2nd place \$100) for first two men and women in open division and non-cash awards in 7 age group categories. Lots of post race activities including music, refreshments, a moon bounce, and many random Prize giveaways.

Registration Information: You may register in advance by mail or on race day. Registration fees and dates and mailing information are identified on the entry form. Online registration is also available at www.active.com through August 27.

Early Packet Pick Up: Race packets can be picked up in advance at the race site on Friday, August 29 between 3:00 pm and 7:00 pm.

Race Day Information:
 Saturday, August 30, 2008 (Rain or Shine)
 6:45 Late Registration & Packet Pick Up
 8:00 10K Run
 8:05 ¾ Mile Fun Walk & ¾ Mile Kids Fun Run

Additional Information: For race map, or to obtain additional entry forms, please visit our website at www.kc11898.com.

Race Director: Doug Angradi ● 410-531-7594
KnightsOfColumbus10KRun@msn.com

In memory of Blase Cooke of Harkins Builders for his past support of our 10K Run



Certified Public Accountants
& Business Advisors



HOWARD COUNTY
GENERAL HOSPITAL
JOHNS HOPKINS MEDICINE



Maryland Ground Covers, Inc. ♦ Concetta Corriere & Associates - RE/MAX 100 ♦ Lou Foran - Smith Barney, Columbia ♦ Road ID
 Giant Food Inc. ♦ Goodman & Company - CPAs, Financial Planning ♦ F. J. Trotta Insurance Agency ♦ Vintage Security LLC
 John S. Wilson ♦ The Irvin H. Hahn Co., Inc. ♦ Runners World ♦ Safeway, Inc. ♦ Bagel Bin

Fees (non-refundable):

Entry Form - Please print clearly

Official Use Only

Regular Registration (postmarked by Aug. 23)

Individual - \$20.00 Family up to four people - \$45.00

Late/Race Day Registration

Individual - \$25.00 Family up to four people - \$55.00

Please accept my contribution of \$ _____

Additional T-shirts, _____ at \$10 each \$ _____

Complete and return form with payment to:

Knights of Columbus Charity Fund

P.O. Box 85 ● Clarksville, MD 21029

Name _____ Run Walk Kids

Address _____

City _____ State _____ Zip _____

Age _____ DOB _____ Male Female

Home Phone _____ Email _____

List ALL names of additional participants: Age DOB Sex Event

2. _____ M / F R / W / K

3. _____ M / F R / W / K

4. _____ M / F R / W / K

T-Shirt Size(s): (one per individual/two per family, plus paid additional): Youth: _____ YXL Adult: _____ S _____ M _____ L _____ XL None: _____

Liability Waiver: I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the 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 you accepting my entry, for myself and anyone entitled to act on my behalf, I waive and release organizers of the Knights of Columbus 10K, Knights of Columbus, Franciscan Friars, Race Director, volunteers, and all sponsors of all claims, damages, demands and any action whatsoever in any manner arising from my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

If under 18, parent or guardian's signature 1. _____ Date _____ 3. _____ Date _____
 2. _____ Date _____ 4. _____ Date _____