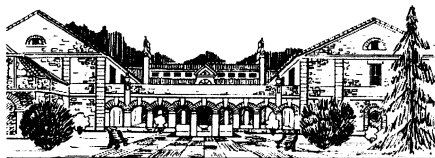


St. Louis the King Knights of Columbus 10K Run, Fun Walk & Kids Fun Run

6th Annual

Saturday, September 5, 2009

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 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 ¼ mile Fun Walk is entirely on the grounds, as is the ¼ Mile Kids Fun Run for children age 12 and under.

Awards/Amenities: ****NEW** \$2,000 in prize money** (1st, \$500; 2nd, \$250; 3rd, \$125; 4th, \$75; 5th, \$50) for the first five men and women in open division. Thanks to Stan Lang, a member of our Knights of Columbus council, for his generous contribution of \$1,500 to this years prize money in memory of his parents, Larry and Christine Lang. Non-cash awards in 7 age group categories. Lots of 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 September 2.

Early Packet Pick Up: is encouraged and will be located at Road Runner Sports, 6630-C Marie Curie Drive, Elkridge, MD 21075. (410) 290-2906 - Thursday 4-8 pm and Friday 4-7 pm. Pre-race day registration will also be accepted at this time.

Race Day Information:

Saturday, September 5, 2009 (Rain or Shine)
 6:45 Race Day Registration & Packet Pick Up
 8:00 10K Run
 8:05 ¼ Mile Fun Walk & ¼ Mile Kids Fun Run

Additional Information: at www.kc11898.com.

T-Shirts: Guaranteed to participants registered by July 31st with maximum 2 per family registration.

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

In loving memory of Larry and Christine Lang, parents of Stan Lang



RoadRunnerSports



HOWARD COUNTY
 GENERAL HOSPITAL
 JOHNS HOPKINS MEDICINE



Vintage Security LLC ♦ Concetta Corriere & Associates - RE/MAX 100 ♦ Giant Food Inc.
 Goodman & Company - CPAs, Financial Planning100 ♦ John S. Wilson ♦ The Irvin H. Hahn Co., Inc.

Fees (non-refundable):

Pre-registration (postmarked by July 31)

Individual - \$15.00 Family up to four people - \$35.00

Regular Registration (postmarked by Aug. 28)

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

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

Entry Form - Please print clearly

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

Official Use Only
B

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 _____