

The Nittany Valley Running Club presents  
A State College Classic on an *Adventure Course!*



## The 18th Knights of Columbus State College Adventure 5K



**When:** Sunday, October 5, 2008. Race time: 2 PM.  
Check-in and race day registration start at Noon

**Where:** Knights of Columbus Hall, 850 Stratford Dr., State College, PA  
Free Parking and Restrooms (No Shower Facilities)

**Course:** An *adventure course* on streets, bike paths and athletic fields between the Knights Hall and State High!

**Purpose:** To commemorate Columbus Day and to benefit the Children's Department of Schlow Centre Region Library and the Tom Kleban Recovery Fund

**Registration:** *Individuals:* \$13 if postmarked by September 20. \$15 afterward  
*Families:* Full fee for the first two family members, \$10 each additional family member.  
NVRC members subtract \$1. Make checks payable to **NVRC - No Refunds**  
Mail or deliver entries to: Cheryl Capone, 721 Linnet Ln, State College, PA 16803  
Or register on race day. **Long sleeve T-shirt** guaranteed to the first 125 registrants.

**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  
*No awards to runners/walkers finishing after 50 minutes.*

**Beginners:** The Knights Race is the official Nittany Valley Running Club Beginners Race  
There will be special incentives for beginners to finish the race! Visit the NVRC Coaching Pages at <http://www.nvrn.com/coaching.html> and start the Couch-To-5K Program today!

**Questions?** See the Knights Race Web Page: <http://www.nvrn.com/kofc5k.html>  
Or contact race directors Cheryl Capone at [cak142@psu.edu](mailto:cak142@psu.edu)  
or Christine Rice at [marie\\_marie1972@yahoo.com](mailto:marie_marie1972@yahoo.com).

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Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

T-shirt Size: Small Medium Large X-Large Email \_\_\_\_\_

Beginning Runner? \_\_\_\_\_ (*I have never run a road race of 5K or longer*)

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 Cheryl Capone, Christine Rice, 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 \_\_\_\_\_