

Hickory Christian Academy is a Classical Christian School, offering a full K-12 educational program to Christian families in the Catawba Valley area. We currently enroll over 385 students, having held school in our new facility since November, 2006. Your participation in the Knights 5K will assist us in continuing to provide quality academic, character, and spiritual training for generations of students to come. Thank you for your support.

**We're collecting shoes again!!**  
 We would encourage you to donate a pair (or pairs) of new or gently used shoes to be given to those less fortunate. Shoes can be donated on race day. Last year we sent over 200 pairs of shoes to Haiti through New Vision Ministries!

Once again, we are excited to have

**Lee Timing LLC**

Handling all of our finish line needs and tabulating the results of the Knights 5K!!

Thank you to our generous sponsors...



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**Saturday**  
**August 27, 2011**  
**Hickory Christian Academy**  
**Announces the**  
**5<sup>th</sup> Annual**  
**Knights 5K**  
**Run/Walk**



Participate in  
 One of Hickory's  
 Fastest, Flattest 5K courses!  
 USATF certified!

Hickory Christian Academy  
 3260 6<sup>th</sup> Street Drive NW  
 Hickory, NC 28601  
 828-324-5405  
 hickorychristianacademy.com

## Registration Options

- Mail form to address listed on registration form
- Register at HCA through Friday, August 26<sup>th</sup>, located at 3260 6<sup>th</sup> St. Dr. NW in Hickory. Summer office hours are M-TH, 9 am-2pm, or from 5-7 on August 27
- Secure online registration available through RunSignUp.
- \*Register on race day

\*On site registration will be held at the start/finish area at Hickory Christian Academy (HCA) from 6:30 a.m. to 7:15 a.m. Registration will **CLOSE** at 7:30 a.m.

**(Be sure to arrive early. You may not be allowed to register if you arrive late, due to organizational requirements.)**

## Packet Pickup

Race packets will be available at **Hickory Christian Academy** on Friday, August 26 from 5-7 p.m. You may also pick up your packet the morning of the race at HCA.

## Event Schedule for Race Day

Registration: 6:30-7:15 a.m.  
5K Start: 8:00 a.m.

## Course Description

This 3.1 mile race will start at HCA (3260 6<sup>th</sup> Street Dr. NW)

1. .6 mile west on 6<sup>th</sup> St. Dr. and turn around
2. 1.5 miles east on 6<sup>th</sup> St. Dr., almost to Hwy 127 and turn around
3. 1 mile west, return to HCA

An aid station will be available on the course.

## Yes indeed...Tech Shirts!

Tech Shirts will be guaranteed to the first 350 registrants. Please be sure to indicate size on the registration form. Sizes are available on a first-come, first-served basis and cannot be guaranteed.

## Awards

Door prizes will be given out after the race. The awards ceremony will be held once the results are tabulated.

Unique awards will be given in the following age groups:

1. Top three overall male and female runners
2. 1<sup>st</sup> place Masters finishers male and female
3. Top three male and female finishers in the following age groups:

10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80+.

Walkers are welcome, but no specific awards will be given.

Must complete the race within 60 minutes

## Contact information:

**Bill & Carol Johncock (828) 234-5457**

**Email: [cjohncock@charter.net](mailto:cjohncock@charter.net)**

## Directions to Hickory Christian Academy

From Hickory: Hwy 127 N, turn left at light onto 29<sup>th</sup> Ave. Dr. NW (one block north of McDonalds). Drive one mile (29<sup>th</sup> Ave. Dr. turns into 6<sup>th</sup> St. Dr.). Hickory Christian Academy is on the right, next to Neill Clark Recreation Center and Harvest Bible Chapel.

# Registration Form for the Knights 5K

By August 19--\$15, After August 19--\$25

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_ (On August 28) \_\_\_\_\_ M \_\_\_\_\_ F

Free Tech Shirt size (Circle One)

Adult S M L XL

Runner's World will be sponsoring our race. If you prefer not to have your information available to them, please initial here \_\_\_\_\_.

Please make checks payable and mail to:

**Hickory Christian Academy**  
**Attn: Knights 5K**  
**3260 6<sup>th</sup> Street Drive NW**  
**Hickory, NC 28601**

**Release Waiver:** I know that running is a potentially hazardous activity. I know that I should not enter the run/walk unless I am medically fit and properly trained. I assume all risks associated with participating in the 5K including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and humidity, or cold temperatures and rainy conditions; vehicular traffic and conditions of the road; all risks being known and appreciated by me. I give permission for the administration of medical aid in the case of emergency. I further give my permission for free use of my name, voice recording, and/or picture in any broadcast, telecast, or other account of media related coverage of this event.

Signature \_\_\_\_\_  
(Parent or guardian if under 18)

Date \_\_\_\_\_