



**12th Annual Kinderhook Bank
OK 5k
Saturday — June 12, 2010 — 9:00 AM
2010 USATF Adirondack Grand Prix Road Race**

Certified 5K Chip Timed	Start & Finish: Kinderhook Village Square (Route 9). Walkers welcome.
Registration	Web http://www.kinderhookrunners.org or form below. email: ok5krace@hotmail.com
Entry Fee (5K Race)	\$15.00 before June 4th. \$20 after June 4 th and day of race \$12.00 Students on or before June 4th KRC Club Members receive \$2 discount: www.kinderhookrunnersclub.com to join.
Packet Pickup	Friday, June 11, 5:00-7:00 PM, Kinderhook Bank Lawn –Village Square Saturday, June 12 – Village Square -7– 8:30 AM. No Race Day registration after 8:30
Awards	Age Groups and 3 Member Teams - No Race Day Registrations for Teams. See Website for Award Details.
USATF	Membership # required for USATF Scoring. Go to www.usatfadir.org or 518-273-5552
OK 1 Mile Run Ages: 6 to 13	Sponsored by: FairPoint Communications 8:30 AM – Finishers' Medals for all. Starts in Village Square. Fee: \$2.00
Ages: Under 6	8:45 AM - Reading Ramble - Free 50 & 100 Yard Dash. Meet @ Kinderhook Memorial Library for same day sign up.
Food Pantry	Please bring a non-perishable food item to help replenish the local Food Pantry.
Babysitting	Provided by Ichabod Crane Cross Country Team for a donation – see website for details

RACE APPLICATION FORM

☐ 5K ☐ Kids Run (1 mile) ☐ 3 Member Team Entry (each team member separately fills out form)

PLEASE PRINT CLEARLY AND MAIL TO: OK 5k, PO Box 100, Kinderhook, NY 12106 (checks payable to: OK 5k)

OR REGISTER ONLINE AT: <http://www.kinderhookrunners.org>

5K REGISTRANTS, INDICATE PREFERRED SIZE FOR SHIRT:

☐ SMALL ☐ MEDIUM ☐ LARGE ☐ EXTRA LARGE

Age on Race Day _____

Name _____ Date of Birth (mm/dd/yy) ____ / ____ / ____

Street _____

City _____ State _____ Zip _____ Phone _____

Male ☐ Female ☐ USATF # _____ KRC Member Circle One: Y N

Email: _____

FOR TEAM MEMBERS ONLY:

Team Type : ☐ All Male ☐ All Female ☐ Mixed (Co-ed) **Team Name** (10 characters or less): _____

I know that running a road race is a potentially hazardous activity. 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, 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 your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Village of Kinderhook, Kinderhook Runners Inc., the organizers of this race and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____

Date _____

Signature of Parent (if under 18) _____

Date _____