



# 13th Annual Kinderhook Bank

OK  5k

**Saturday — June 11, 2011 — 9:00 AM**

**2011 USATF Adirondack Grand Prix Road Race**

<b>Certified 5K Chip Timed</b>	<b>Start &amp; Finish: Kinderhook Village Square (Route 9). Walkers welcome.</b>
<b>Registration</b>	<b>Web</b> <a href="http://www.OK5krace.org">www.OK5krace.org</a> or form below. <b>email:</b> <a href="mailto:ok5krace@hotmail.com">ok5krace@hotmail.com</a>
<b>Entry Fee (5K Race)</b>	\$15.00 before June 3rd. \$20 June 3 <sup>rd</sup> and after \$13.00 KRC Members before June 3rd. \$20 June 3 <sup>rd</sup> and after \$12.00 Students on or before June 3rd. \$20 June 3 <sup>rd</sup> and after
<b>Packet Pickup</b>	Friday, June 10, 5:00-7:00 PM, Kinderhook Bank Lawn –Village Square Saturday, June 11 – Village Square -7– 8:30 AM. <b>No Race Day registration after 8:30</b>
<b>Awards</b>	<b>Age Groups and 3 Member Teams</b> - New - 70-74, 75-79 and 80 and greater age groups added. <b>No Race Day Registrations for Teams.</b>
<b>USATF</b>	Membership # required for USATF Scoring. Go to <a href="http://www.usatfadir.org">www.usatfadir.org</a> or 518-273-5552

<b>OK 1 Mile Run Ages: 4 to 12</b>	Sponsored by: <b>FairPoint Communications</b> <b>New Time - 8:15 AM</b> – Finishers' Medals for all. Starts in Village Square. Fee: <b>\$2.00</b> - Medal to winner in each 1 year age group
<b>Ages: Under 6</b>	<b>8:40 AM - Reading Ramble</b> - Free 50 & 100 Yard Dash. Meet @ Kinderhook Memorial Library for same day sign up.
<b>Food Pantry</b>	Please bring a non-perishable food item to help replenish the local Food Pantry.

## 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.ok5krace.org>

**5K RUNNERS ONLY, 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 ☐ KRC Member Circle One: Y N USATF # \_\_\_\_\_

Email address \_\_\_\_\_

### 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 \_\_\_\_\_