



**11th Annual Kinderhook Bank
OK 5k
Saturday — June 6, 2009 — 9:00 AM**

USATF Certified 5K Flat –Fast	Kinderhook Village Square (Route 9). Race passes through the historic district and rural areas with orchards. Finishes in Village. Walkers welcome.
Online Registration	Web http://www.kinderhookrunners.org E-mail: ok5krace@hotmail.com
Entry Fee (5K Race)	\$15.00 on or before May 29, 2009 \$12.00 Students on or before May 29, 2009 \$20.00 for All after May 29, 2009 and day of race
Packet Pickup	Friday, June 5, 5:00-7:00 PM, Kinderhook Bank Lawn –Village Square Saturday, June 6 – Village Square -7:00 – 8:30. No Race Day registration after 8:30 AM
Awards	Age Groups and Member Teams - No Race Day Registrations for Teams. See Website for Award Details and past Record Information.
OK 1 Mile Run	Sponsored by: FairPoint Communications
Ages: 6 -13 8:30 AM	Finishing Medals for All. Prizes to first-place boy and first-place girl runners in each age. Starts in Village Square. Fee: \$2.00.
	Reading Ramble
Ages: Under 6 8:45 AM	Free 50 and 100 Yard Dash for Kids. Meet in front of Kinderhook Memorial Library for same day sign up.
Proceeds	Race Proceeds donated directly to local community and youth-oriented organizations.
Food Donations	Please bring a non-perishable food item and drop it in our Collection Bin before or after the race. All items will replenish the local Food Pantry serving Northern Columbia County.

RACE APPLICATION FORM

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

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>

FOR TEAM MEMBERS ONLY:

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

5K REGISTRANTS, INDICATE PREFERRED SIZE FOR SHIRT:

☐ SMALL ☐ MEDIUM ☐ LARGE ☐ EXTRA LARGE

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

Street _____

City _____ **State** _____ **Zip** _____

Phone _____ **Male** ☐ **Female** ☐ **Age on Race Day** _____

E-mail _____

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 _____