



**10th Annual Kinderhook Bank
OK 5k
Saturday — June 7, 2008 — 9:00 AM**

**Online Registration at active.com:
http://www.active.com/event_detail.cfm?event_id=1461784**

Location	Village Square, Route 9, Kinderhook, NY.
Course (Flat, Fast, Easy)	5k race begins at the Village Square, winds through the historic district, newer areas of Kinderhook, a rural road in the orchard area, and finishes at the House of History. 99.9% flat, fast, and easy!
Entry Fee (5K Race)	\$15.00 on or before May 31, 2008 \$12.00 Students on or before May 31, 2008 \$20.00 for everyone after May 31, 2008 and day of race Checks payable to: OK 5k
Packet Pickup	Friday, June 6, 5:00-7:00 PM, MetzWood Harder, 5 Chatham Street, Kinderhook Saturday, June 7 – Village Square — Day of race registration — no later than 8:30 AM Special 10th Anniversary Windshirt to first 350 registrants. Generous goodie bag.
Age Groups Awards	14 and under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+ Top 3 males and females overall and top 3 males and females in each age division. No duplicates.
New This Year TEAM AWARDS	First-place awards in three team categories (All Male, All Female, Mixed) based on top 3 runners in team. Team members register for race as individual runners: be sure to mark team name on each individual member's entry. Teams must be submitted before May 31; no race day team registration.
Information	E-mail: ok5krace@hotmail.com Web Site: http://www.kinderhookrunners.org/ Phone: 518-758-7736
Volunteers	For race day registration, water stations, start and finish, course marshals, refreshments. (T-shirt to all volunteers.) Contact 518-758-7736 or email: ok5krace@hotmail.com before May 31.
Walkers	All walkers are welcome. (No race-walker award divisions.)
Proceeds	Proceeds from the race are donated directly back to local community non-profit and youth-oriented organizations. On average, over \$5,000 are donated each year of the race.
REMEMBER Food Donations	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 which distributes throughout Northern Columbia County.
Race Facts	Men's Record: Tim Caramore 15:23(2007) — Women's Record: Mollie DeFrancesco 16:38(2003) The OK 5k Road Race is an annual event hosted by the Village of Kinderhook and coordinated by the Kinderhook Runners Inc. on a Saturday in June. Dozens of local sponsors support the race.

OK 1 Run	sponsored by: FairPoint Communications
(Kid' s One Miler) Ages 6-13 8:30 AM	A one-mile run for children ages 6-13 (on day of race) will be held again this year. All runners receive a medal and free refreshments. Prizes to first-place boy and first-place girl runners in each age. This run will start at 8:30 AM, begin and end near the Village Square. The fee is only \$2.00.
Race Facts	Boy's Record: Ricky Cummings 5:38 (2007) — Girls' Record: Natalie Nicholson 6:23 (2007)

RACE APPLICATION FORM (*Team Members, be sure to indicate team type and name below*)

☐ 5K ☐ Kids Run (1 mile) ☐ Volunteer (5K) ☐ Volunteer (Kid's Run) ☐ Team Member Entry

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

OR REGISTER ONLINE AT: http://www.active.com/event_detail.cfm?event_id=1461784

FOR TEAM MEMBERS ONLY:

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

5K REGISTRANTS, INDICATE SIZE FOR WIND SHIRT BELOW (only LARGE available as of May 18):

☐ LARGE

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

Street _____

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

Phone _____ **Male** ☐ **Female** ☐ **Age on 6/07/08** _____

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 _____