

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	5k race begins at the Village Square, winds through the historic district, newer areas of Kinderhook,	
(Flat, Fast, Easy)	a rural road in the orchard area, and finishes at the House of History. 99.9% flat, fast, and easy!	
Entry Fee	\$15.00 on or before May 31, 2008	Checks payable to:
(5K Race)	\$12.00 Students on or before May 31, 2	
	\$20.00 for everyone after May 31, 2008 and day of race	
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	
	T-shirt and generous goodie bag to first 400 runners.	
Age Groups	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+	
Awards	Top 3 males and females overall and top 3 males and females in each age division. No duplicates.	
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. Over \$5,000 are donated each year of the race.	
REMEMBER	Bring a non-perishable food item and drop it in our Collection Bin before or after the race. All items	
Food Donations	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 ever	nt hosted by the Village of Kinderhook and coordinated by
		lay of June. Over 30 local sponsors support the race. Bring
		known for its history, gardens, mansions, and orchards.
	And support our sponsors (listed on the r	ace t-shirt and website).
		·
OK 1 Run		sponsored by:
OK 1 Run	FairF	sponsored by: Point Communications
OK 1 Run (Kid's One Miler)	A one-mile run for children ages 6-13 (or	Point Communications n day of race) will be held again this year. All runners receive
(Kid' s One Miler) Ages 6-13	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to	Point Communications In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age.
(Kid' s One Miler)	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and 6	Point Communications n day of race) will be held again this year. All runners receive
(Kid's One Miler) Ages 6-13 8:30 AM	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and e streets. The fee is only \$2.00.	Point Communications In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. In deep the Village Square, and wind through quiet village
(Kid' s One Miler) Ages 6-13	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and e streets. The fee is only \$2.00.	Point Communications In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age.
(Kid' s One Miler) Ages 6-13 8:30 AM Race Facts	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and e streets. The fee is only \$2.00. Boy's Record: Ricky Cummings 5:38 (2)	Point Communications In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. In deep the Village Square, and wind through quiet village
(Kid's One Miler) Ages 6-13 8:30 AM Race Facts RACE APPLICATIO	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and a streets. The fee is only \$2.00. Boy's Record: Ricky Cummings 5:38 (2	Point Communications In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. In day of race) will be held again this year. All runners receive of first-place girl runners in each age. In day of race) will be held again this year. All runners receive of first-place girl runners in each age. In day of race) will be held again this year. All runners receive of first-place girl runners in each age. In day of race) will be held again this year. All runners receive of first-place girl runners in each age. In day of race of first-place girl runners in each age. In day of race of first-place girl runners in each age. In day of race of first-place girl runners in each age. In day of race of first-place girl runners in each age. In day of race of first-place girl runners in each age. In day of race of first-place girl runners in each age. In day of race of first-place girl runners in each age. In day of race of first-place girl runners in each age. In day of race of first-place girl runners in each age. In day of race of first-place girl runners in each age. In day of race of first-place girl runners in each age. In day of race of first-place girl runners in each age. In day of race of first-place girl runners in each age. In day of race of first-place girl runners in each age. In day of race of first-place girl runners in each age. In day of first-place girl runners in each age. In day of first-place girl runners in each age. In day of first-place girl runners in each age. In day of first-place girl runners in each age. In day of first-place girl runners in each age. In day of
(Kid's One Miler) Ages 6-13 8:30 AM Race Facts RACE APPLICATIO [] 5K [] Kids R	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and estreets. The fee is only \$2.00. Boy's Record: Ricky Cummings 5:38 (2.1) N FORM Run (1 mile) [] Volunteer (5K) [Point Communications In day of race) will be held again this year. All runners receive a first-place boy and first-place girl runners in each age. In day of race) will be held again this year. All runners receive a first-place boy and first-place girl runners in each age. In day of race) and wind through quiet village OO7) — Girls' Record: Natalie Nicholson 6:23 (2007) Olunteer (Kid's Run) (Form-web)
(Kid' s One Miler) Ages 6-13 8:30 AM Race Facts RACE APPLICATIO [] 5K [] Kids F PLEASE PRINT CLEAR	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and estreets. The fee is only \$2.00. Boy's Record: Ricky Cummings 5:38 (2	Point Communications In day of race) will be held again this year. All runners receive a first-place boy and first-place girl runners in each age. In day of race) will be held again this year. All runners receive a first-place boy and first-place girl runners in each age. In day of race) will ge again this year. All runners receive a first-place boy and first-place girl runners in each age. In day of race) will see and in the value of the valu
(Kid' s One Miler) Ages 6-13 8:30 AM Race Facts RACE APPLICATIO [] 5K [] Kids R	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and estreets. The fee is only \$2.00. Boy's Record: Ricky Cummings 5:38 (2	Point Communications In day of race) will be held again this year. All runners receive a first-place boy and first-place girl runners in each age. In day of race) will be held again this year. All runners receive a first-place boy and first-place girl runners in each age. In day of race) and wind through quiet village OO7) — Girls' Record: Natalie Nicholson 6:23 (2007) Olunteer (Kid's Run) (Form-web)
(Kid' s One Miler) Ages 6-13 8:30 AM Race Facts RACE APPLICATIO [] 5K [] Kids F PLEASE PRINT CLEARI OR REGISTER ONLINE	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and estreets. The fee is only \$2.00. Boy's Record: Ricky Cummings 5:38 (20) N FORM Run (1 mile) [] Volunteer (5K) [] N LY AND MAIL TO: OK 5k, PO Box 100, Kinderhot http://www.active.com/eve	Point Communications In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. Bend near the Village Square, and wind through quiet village (007) — Girls' Record: Natalie Nicholson 6:23 (2007) Volunteer (Kid's Run) (Form-web) Book, NY 12106 (runners/walkers make checks payable to: OK 5k) Ent_detail.cfm?event_id=1461784
(Kid's One Miler) Ages 6-13 8:30 AM Race Facts RACE APPLICATIO [] 5K [] Kids I PLEASE PRINT CLEARI OR REGISTER ONLINE	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and estreets. The fee is only \$2.00. Boy's Record: Ricky Cummings 5:38 (2	Point Communications In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. In deep deep deep deep deep deep deep dee
(Kid' s One Miler) Ages 6-13 8:30 AM Race Facts RACE APPLICATIO [] 5K [] Kids F PLEASE PRINT CLEARI OR REGISTER ONLINE	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and estreets. The fee is only \$2.00. Boy's Record: Ricky Cummings 5:38 (20) N FORM Run (1 mile) [] Volunteer (5K) [] N LY AND MAIL TO: OK 5k, PO Box 100, Kinderhot http://www.active.com/eve	Point Communications In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. Bend near the Village Square, and wind through quiet village (007) — Girls' Record: Natalie Nicholson 6:23 (2007) Volunteer (Kid's Run) (Form-web) Book, NY 12106 (runners/walkers make checks payable to: OK 5k) Ent_detail.cfm?event_id=1461784
(Kid's One Miler) Ages 6-13 8:30 AM Race Facts RACE APPLICATIO [] 5K [] Kids F PLEASE PRINT CLEARI OR REGISTER ONLINE Name Street	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and estreets. The fee is only \$2.00. Boy's Record: Ricky Cummings 5:38 (2.1) N FORM Run (1 mile) [] Volunteer (5K) [] VAND MAIL TO: OK 5k, PO Box 100, Kinderho AT: http://www.active.com/eve	Point Communications In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. In day of race) will be held again this year. All runners receive of first-place will again this year. All runners receive of first-place girl runners in each age. In day of race) will be held again this year. All runners receive of first-place girl runners in each age. In day of race) will be held again this year. All runners receive of first-place girl runners in each age. In day of race) will be held again this year. All runners receive of first-place girl runners in each age. In day of race) will be held again this year. All runners receive of first-place girl runners in each age. In day of race) will be held again this year. All runners receive of first-place girl runners in each age. In day of race) will the value of such as a such age. In day of race) will be held again this year. All runners receive of first-place girl runners in each age. In day of race) will be held again this year. All runners in each age. In day of race) will be held again this year. All runners in each age. In day of race) will be held again this year. All runners in each age. In day of race) will be held again this year. All runners in each age. In day of race year. In day of race ye
(Kid' s One Miler) Ages 6-13 8:30 AM Race Facts RACE APPLICATIO [] 5K [] Kids F PLEASE PRINT CLEARI OR REGISTER ONLINE Name	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and estreets. The fee is only \$2.00. Boy's Record: Ricky Cummings 5:38 (20) N FORM Run (1 mile) [] Volunteer (5K) [] N LY AND MAIL TO: OK 5k, PO Box 100, Kinderhot http://www.active.com/eve	Point Communications In day of race) will be held again this year. All runners receive in first-place boy and first-place girl runners in each age. In dear the Village Square, and wind through quiet village 2007) — Girls' Record: Natalie Nicholson 6:23 (2007) 2017 2018 2018 2019 20
(Kid's One Miler) Ages 6-13 8:30 AM Race Facts RACE APPLICATIO [] 5K [] Kids F PLEASE PRINT CLEARI OR REGISTER ONLINE Name Street City	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and estreets. The fee is only \$2.00. Boy's Record: Ricky Cummings 5:38 (2.1) N FORM Run (1 mile) [] Volunteer (5K) [] VAND MAIL TO: OK 5k, PO Box 100, Kinderho AT: http://www.active.com/eve	Point Communications In day of race) will be held again this year. All runners receive in first-place boy and first-place girl runners in each age. In dear the Village Square, and wind through quiet village 1007) — Girls' Record: Natalie Nicholson 6:23 (2007) 1007 — Girls' Record: Natalie Nicholson 6:23 (2007) 1007 — Girls' Record: Natalie Nicholson 6:23 (2007) 1008 — Communications in each age. 1008 — Communications in each age. 1009 — Communications
(Kid' s One Miler) Ages 6-13 8:30 AM Race Facts RACE APPLICATIO [] 5K [] Kids I PLEASE PRINT CLEARI OR REGISTER ONLINE Name Street City Phone E-mail	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and estreets. The fee is only \$2.00. Boy's Record: Ricky Cummings 5:38 (2.1) N FORM Run (1 mile) [] Volunteer (5K) [] N LY AND MAIL TO: OK 5k, PO Box 100, Kinderho AT: http://www.active.com/eve	Point Communications In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. First-place boy and first-place girl runners in each age. First-place boy and first-place girl runners in each age. First-place boy and first-place girl runners in each age. First-place boy and first-place girl runners in each age. First-place boy and first-place girl runners in each age. First-place boy and first-place girl runners in each age. First-place boy and first-place girl runners in each age. Formall age. Formall age. First-place boy and first-place girl runners in each age. Formall age. Formall age. First-place boy and first-place girl runners in each age. Formall age
(Kid' s One Miler) Ages 6-13 8:30 AM Race Facts RACE APPLICATIO [] 5K	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and estreets. The fee is only \$2.00. Boy's Record: Ricky Cummings 5:38 (2.1) N FORM Run (1 mile) [] Volunteer (5K) [] Volunteer (5K) [] Volunteer (5K) AT: http://www.active.com/eve	Point Communications In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. In dear the Village Square, and wind through quiet village of the village of the Village Square, and wind through quiet village of the Village
(Kid' s One Miler) Ages 6-13 8:30 AM Race Facts RACE APPLICATIO [] 5K	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and estreets. The fee is only \$2.00. Boy's Record: Ricky Cummings 5:38 (2.1) N FORM Run (1 mile) [] Volunteer (5K) [] V. LY AND MAIL TO: OK 5k, PO Box 100, Kinderhot AT: http://www.active.com/eve	Point Communications In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. Bend near the Village Square, and wind through quiet village continuous of the Village square. Point Terminal Square of Square
(Kid's One Miler) Ages 6-13 8:30 AM Race Facts RACE APPLICATIO [] 5K	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and e streets. The fee is only \$2.00. Boy's Record: Ricky Cummings 5:38 (2.1) N FORM Run (1 mile) [] Volunteer (5K) [] N LY AND MAIL TO: OK 5k, PO Box 100, Kinderho AT: http://www.active.com/eve	Point Communications In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. First-place boy and first-place girl runners in each age. First-place boy and first-place girl runners in each age. First-place boy and first-place girl runners in each age. First-place boy and first-place girl runners in each age. First-place boy and first-place girl runners in each age. First-place boy and first-place girl runners in each age. Form-web of the first-place girl runne
(Kid's One Miler) Ages 6-13 8:30 AM Race Facts RACE APPLICATIO [] 5K	A one-mile run for children ages 6-13 (or a medal and free refreshments. Prizes to This run will start at 8:30 AM, begin and estreets. The fee is only \$2.00. Boy's Record: Ricky Cummings 5:38 (2.1) N FORM Run (1 mile) [] Volunteer (5K) [] V. LY AND MAIL TO: OK 5k, PO Box 100, Kinderhot AT: http://www.active.com/eve	Point Communications In day of race) will be held again this year. All runners receive of first-place boy and first-place girl runners in each age. Bend near the Village Square, and wind through quiet village of sors from all claims or liabilities of any kind arising out of my participation in this event. Date