



18th Annual Kinderhook Bank OK 5k

Saturday — June 11, 2016 — 9:00 AM
2016 USATF Adirondack Grand Prix Road Race

Certified 5K Chip Timed	Start & Finish: Kinderhook Village Square (Route 9). Walkers welcome.						
Registration	Web www.OK5krace.org or form below. email: kinderhookok5krace@gmail.com						
Entry Fee (5K Race)	<table border="0"> <tr> <td>\$18.00 before June 4th</td> <td>\$25 June 4th and after</td> </tr> <tr> <td>\$16.00 KRC Members before June 4th</td> <td>\$25 June 4th and after</td> </tr> <tr> <td>\$15.00 Students before June 4th</td> <td>\$25 June 4th and after</td> </tr> </table>	\$18.00 before June 4 th	\$25 June 4 th and after	\$16.00 KRC Members before June 4 th	\$25 June 4 th and after	\$15.00 Students before June 4 th	\$25 June 4 th and after
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Packet Pickup	Friday, June 10 th , 5:00-7:00 PM, Kinderhook Bank Lawn –Village Square Saturday, June 11 th – Village Square: 7– 8:30 AM. No Race Day registration after 8:30						
Awards	5-year Age Groups and 3-Member Teams - including under 10 to 10-14 through 70-74, 75-79 and 80 and greater age groups No Race Day Registrations for Teams.						
USATF	Membership # required for USATF Scoring. Go to www.usatfadir.org or 518-273-5552						

OK 1 Mile Run Ages: 4 to 12	Sponsored by: Kinderhook Runners Club Time - 8:15 AM – Finishers’ Medals for all. Starts in Village Square. Fee: \$2.00 - Medal to winner in each 1 year age group
Ages: Under 6	8:40 AM - Reading Ramble - Free 50 & 100 Yard Dash. Meet @ Kinderhook Memorial Library for same day sign up.

Donations Please consider bringing a non-perishable food item for the local Food Pantry and/ or Women's running shoes for a running program for victims of domestic violence.

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

YOUTH MEDIUM 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 _____