



# 19th Annual Kinderhook Bank

## OK 5k

### Saturday — June 10, 2017 — 9:00 AM

#### 2017 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>Info and Registration</b>	<a href="http://www.OK5krace.org">www.OK5krace.org</a> or mail form below.	
<b>5K Entry Fees (Includes Race Shirt)</b>	<u>By May 31<sup>st</sup></u>	<u>After May 31<sup>st</sup></u>
	\$18.00 General Entry	\$25.00
	\$16.00 KRC or USATF Members	\$25.00
	\$15.00 Students	\$25.00
<b>Packet Pickup</b>	Friday, June 9 <sup>th</sup> , 5:00-7:00 PM, Kinderhook Bank Lawn –Village Square Saturday, June 10 <sup>th</sup> – Village Square: 7– 8:30 AM. <b>No Race Day registration after 8:30</b>	
<b>Awards</b>	Overall Male/ Female and 5-year Age Groups – 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> (no duplicates) and 3-Member Teams (no race day registration for teams)	
<b>USATF Grand Prix</b>	Membership # required for USATF Scoring. Go to <a href="http://www.usatfadir.org">www.usatfadir.org</a>	
<b>OK 1 Mile Run Ages: 4 to 12</b>	Sponsored by: <b>Kinderhook Runners Club</b> <b>Time - 8:15 AM</b> – Finishers' Medals for all. Starts in Village Square. Fee: <b>\$2.00</b>	
<b>Reading Ramble Ages: Under 6</b>	<b>8:40 AM</b> - 50 & 100 Yard Dash. Meet @ Kinderhook Library for same day sign up. <b>Free</b>	
<b>Donations</b>	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.	
<b>Proceeds</b>	Proceeds from the OK5K has provided over \$100,000 to local non-profit organizations.	

#### RACE APPLICATION FORM

5K     Kids Run (1 mile)     3 Member Team (each team member separately fills out a form)

REGISTER ONLINE OR PLEASE PRINT CLEARLY AND MAIL TO: OK 5k, PO Box 100, Kinderhook, NY 12106 (**checks payable to: OK 5k**)

#### 5K RUNNERS ONLY, INDICATE PREFERRED SIZE FOR SHIRT

YOUTH MEDIUM     SMALL     MEDIUM     LARGE     EXTRA LARGE

Name \_\_\_\_\_ Race Day Age \_\_\_\_\_ Birthdate (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 \_\_\_\_\_