



21st Annual Kinderhook Bank OK 5k Saturday — June 8, 2019 — 9:00 AM

**Certified 5K
Chip Timed**

Start & Finish: Kinderhook Village Square (Route 9). Walkers welcome.

**Info and
Registration**

www.OK5krace.org or mail form below.

**5K Entry Fees
(Includes Race
Shirt)**

<u>By May 31st</u>	<u>After May 31st</u>
\$18.00 General Entry	\$25.00
\$15.00 Students (ages 18 and under)	\$25.00

Packet Pickup

Friday, June 7th 5:00-7:00 PM, Kinderhook Bank Lawn –Village Square
Saturday, June 8th – Village Square: 7– 8:30 AM. **No Race Day registration after 8:30**

Awards

Overall Male/ Female and 5-year Age Groups – 1st, 2nd & 3rd (no duplicates) and 3-Member Teams (no race day registration for teams)

**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**

**Reading Ramble
Ages: Under 6**

8:40 AM - 50 & 100 Yard Dash. Meet @ Kinderhook Library for same day sign up. **Free**

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.

Proceeds

Proceeds from the OK5K has provided over \$112,000 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

SMALL MEDIUM LARGE EXTRA LARGE

Name _____ Race Day Age _____ Birthdate (mm/dd/yy) ___ / ___ / ___

Street _____

City _____ State _____ Zip _____ Phone _____

Male Female

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** _____