



Kinderhook Runners
Club
3rd Annual

**Red Apple Trail
Run**

10k & 5k courses Walkers welcome on the 5k course

Date: Saturday, September 10, 2011 9:00am 10K / 9:10am 5k

P.O. Box 241 Kinderhook, NY 12106 or
Register online at: www.Active.com

Day of Race Registration: 7:30AM – 8:30AM

Entry Fee: Before Sept. 3rd \$17.00 for 10k or 5k (\$12.00 for KRC Members)
On or after Sept. 3rd \$20.00 for 10k or 5k (\$15.00 for KRC Members)

Sponsors: Kinderhook Runners Club & Samascott Orchards

Knit Gloves to the first 300 registrants!

Name: _____

Address: _____ Phone: _____

Email: _____

Male _____ Female _____ Age on 9/10 _____

Choose Course (circle one): 5k 10k

Amount Enclosed: _____ KRC member _____

Make checks payable to: **Kinderhook Runners Club**

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claim that I may have against the Kinderhook Runners Club, Inc., Samascott Orchards LLC, Macintosh Farm, LLC, Mutsu LLC, Red Apple Realty and any other sponsors or volunteers involved in the Red Apple Trail Run 5k/10k. I certify that I am physically able to participate in this event and understand that trail running is a potentially hazardous activity. I certify that I am at least 18 years of age and that this form has been signed by my parent or legal guardian if under such age.

Signature: (parent/guardian if under 18)

Date: _____

KRC is proud to be sponsored by Kinderhook Bank