



Kinderhook Runners Club

2nd Annual

Red Apple Trail Run

5k & 10k courses

Walkers welcome on the 5k course

Date: **Saturday, September 11, 2010 at 9:00AM**

Place: **Samascott Orchards, 5 Sunset Avenue, Kinderhook, NY 12106**

Pre-registration: Complete the bottom of this form and mail to:

Kinderhook Runners Club

P.O. Box 241

Kinderhook, NY 12106

or

Register online at: www.Active.com

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

Entry Fee: **\$15.00 for 5k or 10k** **\$10.00 for KRC Members**

Sponsors: *Kinderhook Runners Club, Samascott Orchards & Red Apple Realty*

Incentives: *Awards to top 3 male & female 5k & 10k finishers!*

Many Raffle Prizes including an iPod nano!

Knit Gloves to the first 100 registrants!

Name: _____

Address: _____

Phone: _____ Email: _____

Male _____ Female _____ Age _____

Choose Course (circle one): 5k 10k

Registration Fee (circle one): \$15.00 \$10.00 (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: _____ Date: _____