

Online Registration is preferred - go to www.ok5krace.com/register or scan QR Code.

For mail application send filled out application and payment (if applicable) to: KRC OK5K, PO Box 100, Kinderhook, NY 12106
make checks payable to KRC OK5K

Entry Fees

5k Race: \$25 for adults, \$15 for students (ages 18 and under)

Price will increase to \$30 for adults, for students to \$22, after May 31st.

KRC Members get a \$5 discount

No entry fee for D.A.Y.S.I. Dash and 1m Kids Race

Start times:

8:00 AM - Kids One-Mile Race

8:30 AM - D.A.Y.S.I. Dash

9:00 AM - OK5K

for more information visit www.ok5krace.com

June 7, 2025 OK5K RACE APPLICATION FORM

☐ 5K ☐ Kids Run (1 mile) ☐ D.A.Y.S.I. Dash: Differing Abilities Yet So Incredible

INDICATE PREFERRED SIZE FOR SHIRT - 5K RUNNERS and D.A.Y.S.I ONLY

1. ☐ FEMALE ☐ MALE

2. ☐ SMALL ☐ MEDIUM ☐ LARGE ☐ EXTRA LARGE ☐ NO SHIRT

Name _____ Birthdate ____/____/____ Age ____

Street _____ City _____ State _____ Zip _____

Phone _____. Female ☐ Male ☐

Email address _____

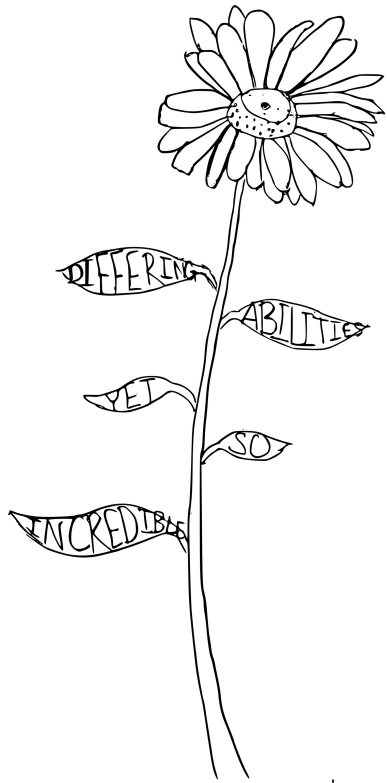
I know that running a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential the contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; air quality; traffic and the conditions of the road including surrounding terrain.

I understand that bicycles, skateboards, baby joggers/strollers, roller skates or inline skates, animals, and personal music players are not allowed in the race, and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the OK5k, Kinderhook Runners Club, the Village and Town of Kinderhook, NY, and the Road Runners Club of America, ARE Event Productions, USATF, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature: _____ Date: _____

Parent's Signature (under 18) : _____ Date: _____



In an effort to make our community and our sport more inclusive for all people, including those with special needs, this year's OK5K in cooperation with Capital Region Miracle League will include the first annual D.A.Y.S.I. run. "D.A.Y.S.I." stands for "differing abilities yet so incredible," and this 100 meter run is open to people of all ages and abilities. We hope that this will be a great addition to the OK5K! <https://ok5krace.com/register/>