

This year's race benefits:

Schoharie County ARC

A voluntary provider of person-centered, community-based supports and services consistent with the individualized needs and choices of people with intellectual and other developmental disabilities, thereby enabling them to realize their fullest potential and enrich their quality of life. Services include: community residences; residential alternatives; family care; day habilitation; vocational services and community-based employment; service coordination and family support; respite; transportation services.
(518) 295-8130



SCHOHARIE COUNTY
ARC

*Creating Opportunities
That People Desire*
Since 1965



Each year the proceeds from the race are donated to one of the five different charities on a rotating basis.

Catholic Charities of Schoharie County
Catskill Area Hospice & Palliative Care, Inc.
Habitat for Humanity
Schoharie County ARC
Schoharie County Community Action Program

The mission of the FAM 5K "Fund" Run/Walk is to endorse and promote the qualities of family, good health and service to our community.



FAM 5K
"Fund" Run/Walk
PO Box 399
Cobleskill, NY 12043
FAM5K.com

Join Us ...

16th Annual
FAM 5K "Fund" Run/Walk
Saturday, September 26, 2009



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The FAM 5K is sanctioned by the
Adirondack Association of USA Track and Field.

SATURDAY, SEPTEMBER 26, 2009

RACE STARTS AT 10:00 A.M.

Cobleskill Fairgrounds - South Grand St.

RACE DAY REGISTRATION & PACKET PICKUP 8:15-9:30

At the Cobleskill Fairgrounds.

Through traffic on South Grand St. will be restricted at 9:00 a.m.

Please plan accordingly.

BROOKS' BBQ CHICKEN 10:30-12:00

Dinners \$8 & Halves \$5

All participants receive a \$1.00-off coupon.

KIDS' RACE 11:00

Meet at the Grandstand.

For children 6 years old and under. FREE registration & T-Shirts!

Please pre-register by calling Carolyn Richter (518) 895-9979.

HOSPITALITY

Complimentary fruit, bagels, drinks, etc., available at race finish for all participants.

Massage Therapists, Clown and Music Restrooms and Plenty of Parking On-Site.

AWARDS 11:15

Age Groups (Male & Female)

1-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-over

- Overall M & F winners 18+ receive FAM Value Fund Shares
1st = 10 shares, 2nd = 5 shares, 3rd = 3 shares.
- Bonus: Award doubled - M/F who breaks the course record.
- Age group winners, M & F, 18+ receive 5 Shares of FAM Equity-Income Fund.
Overall winners are not eligible for age group awards.
- High school and collegiate athletes will jeopardize amateur eligibility by accepting these awards.

★ We partner with the Altamont 5K run. There are additional prizes for the best combined times, M & F, for both the FAM 5K & Altamont 5K. Call (518) 861-6350 or visit Altamont5k.org.

FEES

	Adult	Child*	Family Rate
Received by July 10:	\$15	\$11	\$32
Received by 7/11-8/14:	\$18	\$14	\$42
Received by 8/15-9/25:	\$21	\$17	\$52
Race Day 9/26:	\$27	\$22	NONE

* Child = 14 years of age and under.

Family Rate applies to all family members living in the same household. No Family Rate available on Race Day.

PRE-RACE DAY PACKET PICKUP

At FAM Funds

384 North Grand Street, Cobleskill, NY

September 22 - September 25

or Race Day at the Fairgrounds

between 8:15 a.m. & 9:30 a.m.

All participants must pick up timing chips at registration tent on race day.

Contact: (800) 932-3271 or email fam5k@famfunds.com



PRIZES FOR SCHOHARIE COUNTY SCHOOLS

- Race Day - check in at the school registration table.
Current students, faculty & staff members are eligible.
- Two schools - greatest number of participants & highest percentage of school population - win a \$500 cash prize & pizza party for all race participants.

**Long Sleeved
100% Cotton T-Shirts
For Participants**

**Raffle
Grand Prize - 4 tickets to
New York Giants Game!**



Proud sponsor of the
FAM 5K "Fund" Run/Walk

FAM 5K "Fund" Run/Walk Application Form

Please fill out one per participant & send with your check payable to: FAM "Fund" Run/Walk, PO Box 399, Cobleskill, NY 12043 or register online at FAM5K.com

Last Name _____

First Name _____

Age _____ Sex _____

Address _____

City _____ State _____ ZIP _____

Phone _____

E-Mail _____

2009 USATF Membership Number _____

School Affiliation _____

REGISTRATION FEE ENCLOSED: _____

T-Shirt Size (Please circle one)

ADULT S M L XL CHILD S M L

Timing Chip: Participants are required to return their electronic timing device ("chip") after crossing the finish line. If, for any reason, we do not receive your timing device, you will be charged a \$32 replacement fee.

RELEASE: In consideration of your accepting this entry: I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Fenimore Asset Management, Inc., Fenimore Asset Management Trust, FAM Value Fund, FAM Equity-Income Fund, FAM Shareholders Services, Inc., the USATF Adirondack Association, Inc., the Village of Cobleskill, State University of New York at Cobleskill, their representatives, successors and assigns for any and all injuries suffered by me in said events. I hereby consent to the use of my name, photograph, and/or likeness in connection with my participation in the FAM "Fund" Run/Walk. In addition, for the safety of all, no dogs are allowed on the course.

Signature _____

Parent/Guardian signature (if under 18) _____

FAM5K.com (800)932-3271 fam5k@famfunds.com

Cut along the line and return with your check to FAM "Fund" Run/Walk, PO Box 399, Cobleskill, NY 12043