

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 _____

2008 USATF Membership Number _____ School Affiliation _____

T-Shirt Size (Please circle one) ADULT S M L XL CHILD S M L

REGISTRATION FEE ENCLOSED: _____

<u>FEES</u>	Adult	Child*	Family Rate
Received by 7/12-8/15:	\$18	\$14	\$42
Received by 8/16-9/26:	\$21	\$17	\$52
Race Day 9/27:	\$27	\$22	NONE

* Child = 14 years of age and under.

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) _____

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

ATTENTION!
South Grand St. will be closed to all traffic between Mineral Springs road & MacArthur Ave. from 9 A.M. to 11 A.M. on Race Day
ALL Participants must pick up their timing chips at the fairgrounds on race day.

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



2008 "Fund" Run

Newsletter

"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."

Dear Participants, Volunteers & Supporters,

We hope you are planning to join us for the 15th Annual FAM 5K "Fund" Run/Walk on Saturday, September 27. Each year the proceeds from the race are donated to one of five different local charities on a rotating basis. Thanks to all those involved (1,000+ people) in this special event, we've been able to donate more than \$20,000 annually for several years.

As we approach the FAM 5K's noteworthy 15th anniversary, it is a time for reflection; thinking about the past can help us reaffirm our purpose. I'm reminded of Fenimore's commitment to care for and invest in the community. In addition to the race, I'm thankful that Fenimore and its associates donate significant human and financial resources to a variety of charities and worthy causes. Our vision is that Fenimore's involvement in the community will continue for many generations.

I'm also sentimental about this beautiful Leatherstocking region that we serve and attracted to its rich history. I'd like to share with you some historical tidbits about the area:

- The first Schoharie settler in 1712 ate cornmeal mush at almost every meal. The favorite breakfast in 1900 was buckwheat pancakes. *Load up on those carbs before the 5K!*
- The annual Cobleskill Sunshine Fair began in 1876.
- Schoharie Mayor Mrs. Perry Taylor was NYS's first woman mayor and first licensed woman driver.
- The Cobleskill Sunshine Fair's office was originally a boathouse located on Cobleskill Creek.
- The first drive-in theater in the U.S. was in the Village of Schoharie.
- Hard sulfur water was prized in early Schoharie as a cure for skin disease. *The FAM 5K's water stations won't have special flavors!*
- The flood plain of Vroman's land in Middleburgh is one of the richest, most fertile cornfields in the world.
- The 1778 Battle of Cobleskill was actually fought in neighboring Warnerville.

- In early Schoharie, water pipes were often made by drilling holes through small logs. Some of these "pump logs" are believed to still be in use!
- Children in Old Schoharie often did not have shoes or, to save them, would walk barefoot to school before putting them on. *Not recommended for our race!*
- The majority of the Town of Cobleskill, settled in 1750, is underlain with limestone. There are some immense caverns in the area that have attracted visitors from around the world.
- Until about 80 years ago, Schoharie farmers often paid their grocery store bill with butter and eggs. *The FAM 5K only accepts cash, check and credit card!*



Please invite your friends to participate in the memorable FAM 5K and help perpetuate our mission "to endorse and promote the qualities of family, good health, and service to our community." Enjoy the rest of your summer and we look forward to seeing you at this fall classic. Thank you.

Tom Putnam
Chairman, Fenimore Asset Management & FAM Funds

Saturday, September 27, 2008

This year's race benefits:
Catholic Charities of Schoharie County
RACE BEGINS at:
10:00 A.M. at the historic Cobleskill Fairgrounds

For more information on our race, call 800.923.3271, or email FAM5K@famfunds.com
You can register online! Visit FAM5K.com

CATHOLIC CHARITIES OF SCHOHARIE COUNTY



Catholic Charities of Schoharie County is celebrating its 30th anniversary of service this year. While our name has changed twice during the three decades (originally, we were known as OURS Associates, and for years as Family and Community Services of Schoharie County), our mission – to serve the people of Schoharie County, especially its “poor” and “vulnerable” – has never wavered.

As an affiliate of Catholic Charities of the Diocese of Albany, our agency is guided by a 20-member Board of Directors, has a staff of 15, and provides eight distinct services. Services include help to the “poor” (a food pantry, food buying club, emergency assistance and a thrift shop) and “vulnerable” (a domestic violence program, crime victim’s advocacy and counseling). We also operate the county’s community service restitution program.

Based on resources spent, staff, time and effort committed, our biggest service is our domestic violence initiative. Survivors needing a transitional place to live can do so at our Emerson House, a nine-bed safe dwelling. Our veteran staff provides counseling, transportation, advocacy, and more; non-residential services and legal advocacy are available too. In 2007, 75 people resided at Emerson House, 92 others received non-residential services, and 127 were given legal advocacy.

Serious crime victims are supported as well. Our advocate connects those who are afflicted with services and victim’s rights advocates, and assists with court proceedings. 93 victims were helped last year.

We also help individuals, couples and families sort out personal issues and find ways to cope with life’s difficulties through our counseling program. Family systems work is done with adults and expressive arts with children. 83 people accessed counseling services in 2007, 62 adults and 21 children.

Additionally, we have extensive food services. Last year we served 240 families (833 people) with food baskets (including our Thanksgiving project) and 136 families (405 people) through our monthly food buying club called Extra Helpings.

Within our means, and without enabling those who seek help, we provide emergency assistance covering a broad spectrum of needs – we were able to help 74 people. In 2005, we opened a thrift shop offering donated furniture and household goods at bargain prices. This shop is very popular and all money generated is used for services.

Finally, our community service restitution program served 84 people. Local courts refer these people to us to perform community service in lieu of jail time. Their work helps the community; the county also saves by not having to pay for their jail stay.

The mission of Catholic Charities is alive and well in Schoharie County because of its dedicated Board of Directors, caring staff and supportive community. We are most grateful to FAM Funds for sponsoring this terrific community event and for the funds it generates to help our struggling neighbors.

Congratulations to last year’s winners!
Top Male: Alene Reta 14:31
Top Female: Alemtsehay Misganaw 17:05



Proud sponsor of the FAM 5K “Fund” Run/Walk

Community Participation Award



2007 Award Winner - Cobleskill Police Department

Past Award Recipients:

1999 - Henry Lee
2001 - Jill Thompson
2003 - Cobleskill Fire Department
2005 - Carol Maurice
2000 - Aggie Scott
2002 - Mike Sharkey
2004 - Tammy Rumph
2006 - Jo-Ann Corsall

FIRST CLASS

Exercise is very important to Chris Thaxter. For eight years Chris has run in the FAM 5K with one of her children. Teaching is also one of Chris’ passions. Two years ago Chris’ love for fitness and her students converged in her third grade classroom at Golding Elementary in Cobleskill. She had the idea of not just encouraging her pupils to participate in the FAM 5K, but training with them.

“I wanted to help my students form good fitness habits and impress upon them the importance of a healthy lifestyle.”



The first year half of her students signed up and Chris trained with them twice a week after school. “What’s so great about the FAM 5K is that all the kids can participate regardless of fitness level. They can choose to run or walk, but either way they’re exercising.”

Chris has seen many benefits from her program:

- The students like the social and exercise aspects.
- It allows her to get to know her students better.
- The students’ families participate in the event too.
- The second year all but one of her pupils who participated the first year, returned to partake in the event.
- As a bonus Golding Elementary has won the cash prize and pizza party for Schoharie County Schools the past two years.

“It’s a wonderful family event so on race day I’m ‘Mom’ and I run with my daughter while my students are with their families.”

SATURDAY, SEPTEMBER 27, 2008

RACE STARTS AT 10:00 A.M.

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

KIDS’ RACE 11:00

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)

Current Record Holders

Age	Sex	Time	Year	Name
9 & Under	M	21:51	2006	Jonathan DiCesare
9 & Under	F	25:29	2001	Caitlin Elling
10-14	M	17:18	2003	Brian Rhodes-Devey
10-14	F	20:07	2001	Megan Lynch
15-19	M	16:55	2003	Kane Seamon
15-19	F	19:35	2002	Sarah Miller
20-24	M	15:18	2002	Jamie Rodriguez
20-24	F	18:26	1999	Heather Cox
25-29	M	14:31	2007	Alene Reta
25-29	F	17:05	2007	Alemtsehay Misganaw
30-34	M	14:58	2002	Chris Hartshorn
30-34	F	17:38	1998	Charlene Lyford
35-39	M	15:51	1995	David Twarog
35-39	F	17:11	1997	Amy Harold
40-44	M	16:31	2001	David Twarog
40-44	F	17:48	2002	Lori Hewig
45-49	M	17:38	2003	Lee Edmonds
45-49	F	20:33	1998	Janice Roche
50-54	M	17:22	2000	Dale Keenan
50-54	F	22:11	2001	Joan Townsend
55-59	M	17:35	2004	Bob Giambalvo
55-59	F	23:45	2004	Joan Townsend
60-69	M	19:46	1995	Gerald Barney
60-69	F	25:48	2000	Marge Rajczewski
70 & Over	M	22:54	2000	Ed Doucette
70 & Over	F	31:08	1998	Regina Tumidahewic

Overall Winners

Overall	M	14:31	2007	Alene Reta
Overall	F	17:05	2007	Alemtsehay Misganaw