

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 7/11-8/14:	\$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.

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



# 2009 "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 plan to join us for the 16th Annual FAM 5K "Fund" Run/Walk on Saturday, September 26. 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. Our mission is "to endorse and promote the qualities of family, good health, and service to our community."

This year I'd like to recognize some unique runners who have helped make this event special; a handful of people who have participated annually since the FAM 5K's inception! So let's take a closer look as to why they keep returning.

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

## 15 YEARS & COUNTING...

We've had many who have joined us for more than 10 years, but there are just five who have participated in all 15 FAM 5K events!

- Carl Urrey  
Cobleskill, NY
- Jim Cochran & Fran Pilato (husband & wife)  
Rensselaer, NY
- Teresa Drerup  
Cooperstown, NY
- Christopher Baron  
Cobleskill, NY

For more information on our race, call 800.923.3271 or email [FAM5K@famfunds.com](mailto:FAM5K@famfunds.com)  
You can register online! Visit [FAM5K.com](http://FAM5K.com)

## Carl Urrey

Do you run or walk?

Run.

What do you like best about the FAM 5K?

Being a hometown race for me, I love the third mile because as I'm coming in I pass all the walkers as they are heading out - most of them yell my name so it is just great!!!

Any fond memories?

It's been a longtime, but I think winning the 3rd Annual in 1996 was a highlight for me.



Carl Urrey, 15-Year Participant, 1996 Champion

Continued inside...

Saturday, September 26, 2009

This year's race benefits:

Schoharie County ARC

RACE BEGINS at:  
10:00 A.M. at the historic Cobleskill Fairgrounds

## 2009 CHARITY RECIPIENT SCHOHARIE COUNTY ARC

SCHOHARIE COUNTY  
**ARC**

*Creating Opportunities  
That People Desire*

Since 1965



### Schoharie County ARC

Serving Individuals with differing abilities since 1965.

Schoharie County ARC is a non-profit organization that serves, supports and advocates for children and adults with intellectual and other developmental disabilities and their families. It is 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.



Schoharie County ARC offers a continuum of integrated vocational, educational, residential and socialization skills. Currently, it serves more than 300 individuals with services such as Residential, Day Habilitation, Vocational, Transportation, Family Care, Medicaid Service Coordination, and Clinical Services. (518) 295-8130.



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



*Long Sleeved  
100% Cotton T-Shirts  
For First 800 Registrants*

**SATURDAY, SEPTEMBER 26, 2009**

**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)

## 15 YEARS & COUNTING (cont.)

### Jim Cochran & Fran Pilato

*Do you run or walk?*

We run together.

*What do you like best?*

It's well organized and has people cheering you on along the course.

There is a nice distribution of prizes and we're fortunate to have won before for our age group.

It's a fun race and we like the fact that it supports Schoharie County charities.

Plus, we're investors and like to support FAM Funds.

### Teresa Drerup

*Do you run or walk?*

Run.

*Does anyone participate with you?*

As soon as my children were old enough (age 3 or 4), they started joining me. My husband, Kurt Ofer, has run a few times alongside the kids.

*What do you like best about the FAM 5K?*

Dusty [Putnam] standing at the first turn and cheering for everyone by name. It's amazing that she actually knows everyone in the race!

From a runner's perspective, the FAM 5K is a great event - fast course, lots of friendly volunteers, good snacks, very well organized, and typically perfect weather. And it benefits worthy area non-profits. What could be better?

*Any fond memories?*

Lots of them . . . In 2006, the only year it rained, I knew I was "washed up" when two of my kids beat me for the first time. I expected Hans (age 11) to be faster since he'd just joined the cross country team at school, but Max (age 8) also blew by me.

## Community Participation Award



2008 Award Winner - Anne Myers

Past Award Recipients:

1999 - Henry Lee	2000 - Aggie Scott
2001 - Jill Thompson	2002 - Mike Sharkey
2003 - Cobleskill Fire Department	2004 - Tammy Rumph
2005 - Carol Maurice	2006 - Jo-Ann Corsall
2007 Award Winner - Cobleskill Police Department	

## 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	16:20	2008	Caleb Edmonds
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	Alemtschay 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	M	16:31	2008	Mike Rutlidge
	F	17:48	2002	Lori Hewig
45-49	M	17:38	2003	Lee Edmonds
45-49	F	20:23	2008	Nancy Nicholson
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
60-64	M	19:46	1995	Gerald Barney
60-64	F	26:32	2003	Marge Rajczewski
	F	26:32	2008	Ginny Pezzula
65-69	M	20:26	1997	Gerald Barney
65-69	F	26:49	2006	Marge Rajczewski
70 & Over	M	22:54	2000	Ed Doucette
70 & Over	F	31:08	1998	Regina Tumidahewic
<u>Overall Winners</u>				
Overall	M	14:25	2008	Alene Reta
Overall	F	17:05	2007	Alemtschay Misganaw