



**“A Run with a View”
5K Run/Walk Over the HUDSON
Flat, fast, accurate & sanctioned!
Certification # NY14149JG**

DATE: Sunday, April 12, 2015

Registration: 8:30 AM

5K Run and 5K Walk: 10:00 AM

**Proceeds to Benefit The Panichi Family
Center for Communications and Learning**

**FIRST 125 REGISTERED RUNNERS WILL GET
A STAY DRY EVENT T-SHIRT**

Entry fees:

- \$20.00 for 5K (If pre-registered by 4/6/15)
- \$25.00 for 5K (Race Day)
- \$10.00 for Walk**
- Free for children under 5

**** Please note that the 5K Walk
is non-competitive.**

**• All participants will be entered into raffle for
Yankee box seat tickets!**

LOCATION: 87 Haviland Road, Highland, NY

The 5K will begin on the Highland side of the rail trail. It will proceed over the Walkway and back. The walk, will begin at the rail trail and proceed over the Walkway, turn around and end at the start/finish. Go to the Walkway website for suggestions on parking: www.walkway.org. Registration table is located at the Highland Rail Trail caboose area.

5K Awards-Top three male and female in these divisions. No duplicates & MUST BE PRESENT TO WIN:

- (Under 18), (19-29), (30-39)
- (40-49), (50-59), (60-69), (70+)

\$50 Cash prize to first place male & female

**Sponsored by:
MAPLEBROOK SCHOOL**



For more information or to register call the Race Director at 845-373-9511 Ext 246 or email: cducillo@maplebrookschool.org.

Visit our Facebook page at



www.facebook.com/handinhandrunwalk

Mail this form and entry fee to:

**Carrie Ducillo
Maplebrook School
5142 Route 22
Amenia, NY 12501**

Name _____

Address _____

City _____ State _____ Zip _____

Email Address: _____

**Checks Made Payable To:
Hand in Hand -
*Registration fee is non-refundable***

I would like to make a contribution \$ _____

Total Amount Enclosed: \$ _____

**OR Register online at
Active.com**

Member of Runner's Club? _____

Waiver: In consideration of this entry being accepted, I do for myself, my heirs, executors, and administrators waive and release any and all claims for damages I may have against the Hudson Valley Rail Trail Association, The Town of Lloyd, The New York State Parks and Recreation, Maplebrook School, The Panichi Center and any other volunteers or organizers of the race. I certify that I am physically fit, and sufficiently trained for this event. I also understand that the course may be open to vehicular traffic during the race, as well as other risks, including, but not limited to, falls, contact with other participants and the conditions of the course.

**Circle One: 5K Run OR 5K Walk Over the Hudson
Age: _____ Male or Female _____
T-Shirt Size For RUNNERS ONLY _____ (S-XL)**

Be sure to pre-register ASAP to get a t-shirt in your size



SIGNATURE _____

Date _____

_____ Assigned Bib # _____