

“A Run with a View”

5K Run/Walk over the Hudson



USATF # NY14149JG

Fast, Flat, Accurate, and Sanctioned!

SUNDAY APRIL 10, 2016

REGISTRATION: 8:30AM, 5K RUN/WALK: 10:00AM

PROCEEDS TO BENEFIT THE PANICHI CENTER FOR COMMUNICATIONS AND LEARNING

**ENTRY FEES**

\$20.00 FOR 5K RUN (IF PRE-REGISTERED BY 04/04/16)

**\*First 125 Pre-Registered Runners will get a Stay-Dry event T-Shirt**

\$25.00 FOR 5K RUN (RACE DAY FEE)

\$10.00 FOR WALK

\*Children under 5 are Free

\*Please note that the 5k Walk is **NON-COMPETITIVE**

\*All Participants will be entered into a raffle for Yankee Box Seat Tickets!

**5K AWARDS**

Awards will be given to the top three male and female participants in these divisions:

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

**NO DUPLICATES & MUST BE PRESENT TO WIN.**

**\$50.00 CASH PRIZE TO 1ST PLACE MALE & FEMALE**

**COURSE RECORD: 17.39 (M) 18.51 (F)**

**SPONSORED BY**

Maplebrook School



**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](http://www.walkway.org).

Registration table is located at the Highland Rail Trail caboose area.

For more information, or to register, contact the Race Director at 845-373-9511 ext. 257 or [tbrewer@maplebrookschool.org](mailto:tbrewer@maplebrookschool.org).

Find us on Facebook:

[www.facebook.com/handinhandrunwalk](http://www.facebook.com/handinhandrunwalk)

Mail this form and entry fee to: Tabitha Brewer, Maplebrook School, 5142 Route 22, Amenia, NY 12501

Checks made payable to: *Hand in Hand* -OR- Register Online: [www.active.com](http://www.active.com)

**\*Registration fee is non-refundable\***

Name \_\_\_\_\_

**I will participate in (circle one):  
5K RUN or 5K WALK**

Address \_\_\_\_\_

**Is this your 1st 5K? YES or NO**

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**MALE or FEMALE**

Age \_\_\_\_\_

Email Address \_\_\_\_\_

T-Shirt Size S-XL (**Runners Only**)

Member of Runner's Club? \_\_\_\_\_

I would like to make a contribution  
\$ \_\_\_\_\_

Total Amount Enclosed: \$ \_\_\_\_\_

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.

Signature \_\_\_\_\_

Date \_\_\_\_\_



**\*Pre-register ASAP to get a t-shirt in your size!\***

Assigned Bib: \_\_\_\_\_