



**Super Fun**  
**5K Run and a Scenic Walk Over the HUDSON**  
**“A Run with a View!”**

**DATE: Saturday, April 12, 2014**

**Registration: 8:30 AM**

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

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

**Pre-register by : March 28, 2014 to get a great Stay Dry T-Shirt In Your Size\***

**\*T-Shirt for Runners Only\***

**Entry fees:**

- \$20.00 for 5K
  - \$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](http://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:**

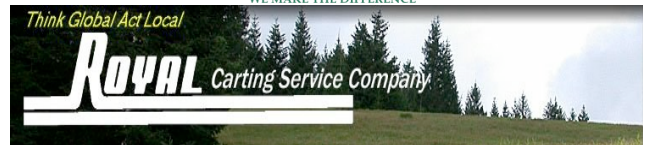
- (Under 18),(19-29),(30-39)
- (40-49), (50-59), (60-69), (70+)

**\$50 Cash** prize to first place male & female

**Sponsored by: MAPLEBROOK SCHOOL**



WE MAKE THE DIFFERENCE



**For more information or to register call the Race Director at 845-373-9511 Ext 246 or email: [cducillo@maplebrookscool.org](mailto:cducillo@maplebrookscool.org). Visit our Facebook page at [www.facebook.com/handinhandrunwalk](http://www.facebook.com/handinhandrunwalk)**

**Mail this bottom form and entry fee to:**

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

**Checks Made Payable To: Hand in Hand**

**OR Register online at Active.com**

**Circle One: 5K Run OR Walk Over the Hudson**  
**Age: \_\_\_\_\_ Male or Female \_\_\_\_\_**  
**\*\*\*\*T-Shirt Size (Must Pre-register by March 28th )**  
**\_\_\_\_\_ (S-XL) \*\*\*\*Runners Only**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Email Address: \_\_\_\_\_  
 I would like to make a contribution \$ \_\_\_\_\_  
 Total Amount Enclosed: \$ \_\_\_\_\_  
 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 City of Poughkeepsie, 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 \_\_\_\_\_

Assigned Bib # \_\_\_\_\_