

# "The 1st Run of the Season"

## 5K Run/Walk over the Hudson



# USATF # NY14149JG

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### REGISTRATION: 8:30AM

### 5K RUN/WALK: 9:30AM

#### ENTRY FEES

\$20.00 FOR 5K RUN (IF PRE-REGISTERED BY 04/01/19)

\*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!

PROCEEDS TO BENEFIT THE PANICHI FAMILY CENTER FOR COMMUNICATION AND LEARNING

#### 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: 16.10 (M) 18.59(F)**

#### LOCATION

61 Parker Avenue, Poughkeepsie, NY

The 5K Walk/Run will begin on the *Poughkeepsie side* of the rail trail. It will proceed over the Walkway and back. Go to the Walkway web-site for suggestions on parking: [www.walkway.org](http://www.walkway.org).

★ AGAIN IN 2019! ★

Register and start on the **POUGHKEEPSIE side of the Walkway!**

For more information, or to register, contact the Race Director, Lori Hale at 845-373-9511 ext. 256 or [lhale@maplebrookschoool.org](mailto:lhale@maplebrookschoool.org).

Find us on Facebook:  
[www.facebook.com/handinhandrunwalk](http://www.facebook.com/handinhandrunwalk)

Mail this form and entry fee to: Rosie Meyer, 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 \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

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

Is this your 1st 5K? Yes or No

AGE: \_\_\_\_\_ MALE or FEMALE

T-Shirt Size S-XL (Runners Only) \_\_\_\_\_

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: \_\_\_\_\_