



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

Proceeds to Benefit The Panichi Family Center for Communications and Learning at Saint Francis Hospital

DATE: Sunday, April 21, 2013

Registration begins at 7:30 AM - Both Races at 9:00 AM
Walk begins at 9:15 AM

Pre-register by : April 5, 2013 for raffle prize and to get a great Stay Dry T-Shirt In Your Size*

Entry fees:

- \$25.00 for 5 Mile
- \$20.00 for 5K
- \$10.00 for Walk

LOCATION: 87 Haviland Road, Highland, NY

The 5 Mile race will begin on the Highland side of the Hudson Valley Rail Trail. It will proceed over the Walkway, through the city of Poughkeepsie, over the Mid-Hudson bridge and finish at the rail trail start/finish line. 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.

We hope you will join us!!

Awards-Top three male and female in these divisions for each race

(no duplicates):

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

Cash prize to first place in each race

Sponsored by:

MAPLEBROOK SCHOOL



For more information or to register call the Race Director:
845-373-8557 Ext 246 or visit our Facebook page at 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

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone/Email Address: _____
 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 City of Poughkeepsie, The New York State Parks and Recreation, Maplebrook School, Mid-Hudson Bridge Authority, Saint Francis Hospital 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: 5 Mile Run 5K Run Walk Male/Female Signature of parent or guardian if under 18 Date

Age: _____
 *T-Shirt Size (Must Pre-register by April 5th) _____ (S-XL) _____ Assigned Bib #

***Runners Only**