



Run Wild! Meadows & Trails 5K!

Saturday, October 21st, 2017

Provided by the Hudson Highlands Nature Museum

Enjoy majestic scenery and gorgeous autumn color as you run (or walk!) past muskrat ponds, thru tall grass meadows, along wide grassy paths, elevated berm views, clearly marked wooded trails, and past Grasshopper Grove at the Hudson Highlands Nature Museum (HHNM). Our entire 5K course is off road and remains on our property! Your participation in this non-profit event will greatly support the wonderful Adult and Family programs the Museum offers throughout the year, and the nature-based education programs we provide to schools in inner-city locations. Come and share the glorious view of Black Rock Mountain cloaked in fall splendor while supporting an incredible Hudson Valley resource, the Hudson Highlands Nature Museum.

Distance: 5 kilometers (3.1 mile) Measured by Orange Runners Club members

Date: Saturday, October 21st, 2017

Times: RACE PACKET PICKUP & LATE REGISTRATION:
Saturday, Oct. 21st, 7:30 am – 9:00 am
Runners begin: 9:00 am
Awards Ceremony: 10:30 am

Entry Fee: If mailed, must be postmarked by October 13th, 2017
\$25.00 5K Pre-entry Fee thru Oct. 13th
\$35.00 after Oct. 13th, 2017
FEE INCLUDES: Race packet, Runners Gloves (first 200 entries guaranteed), post-race refreshments, participation award to all, gift awards/medals to place winners and free parking. A 50/50 Raffle will also be available!

Registration: Register online at www.hhnm.org/XXXXXXXXXXXX or mail to:
Hudson Highlands Nature Museum
Run Wild! Meadows & Trails 5K
120 Muser Drive
Cornwall, NY 12518

Location: Hudson Highlands Nature Museum
Outdoor Discovery Center
120 Muser Road (across from 174 Angola Road, Cornwall, NY 12518)
Map and directions at www.hhnm.org

Notice: Museum policy requires no dogs anywhere on the property. Also, no strollers on run course, it's just too uneven!

Contact: Laura Hromadka, laura.meadowtrail.run@gmail.com, 845-534-9555 or
Hudson Highlands Nature Museum, 845-534-5506



Run Wild! Meadows and Trails 5K *Registration Application*

Save Money! Register Early for Reduced Rates!

Name (Last) _____ (First) _____

Address _____ Town _____

State _____ Zip _____ Phone _____

Email: _____

Age on Race Day _____ Gender: Male Female

Event Waiver: In consideration of being permitted to participate in any way in the *Run Wild! Meadows And Trails 5k* run, I, for myself, my heirs, personal representatives or assigns, do hereby waive and release the Hudson Highlands Nature Museum, its officers, employees, volunteers and agents from any and all liability for any and all injuries or damages related to my participation in this 5K RUN. I further agree to hold them harmless and indemnify them from any claims, costs and expenses made on my behalf. I understand that competing in the event involves running or walking on varied terrains, that hazards can include actions of competitors, weather conditions and my physical and mental state of health, and state that in my judgment I have sufficient competence and experience to participate safely, by my indication here

In consideration of my voluntary participation in the Hudson Highlands Nature Museum 5K event, I also give permission to the Hudson Highlands Nature Museum to use my/our likeness in photo, film or video, without compensation, for the purpose of promoting the mission of the Museum, by my indication here .

Signature _____ Date _____

Parent's Signature (if Under 18 years of age)

ALL PARTICIPANTS MUST SIGN RELEASE AND WAIVER

NO REFUNDS, EXCHANGES OR TRANSFERS

Run will proceed RAIN OR SHINE! *Runner's Gloves guaranteed to first 200 Registrants only!*

Mail: (\$25 early registration thru Oct. 13th, thereafter \$35)

Hudson Highlands Nature Museum, Outdoor Discovery Center

Run Wild! Meadows and Trails 5K

120 Muser Drive, Cornwall, NY 12518

845-534-5506, www.hhnm.org, 501c 3 Non-profit organization

Additional Donations Gratefully Encouraged!