



Meadows & Trails 5K & Kid's Dash

Saturday, October 19th 2019

Hosted 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). The entire 5K course is off road and remains on HHNM property. Your participation in this event will greatly support the wonderful nature-based education programs HHNM provides to schools, children, and families throughout the Hudson Valley.

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

Date: Saturday, October 19th 2019

Times: RACE PACKET PICKUP & SAME-DAY REGISTRATION:
7:30 am – 9:00 am
Walkers begin: 9:00 am
Runners begin: 9:15 am
Awards Ceremony: 10:00 am

Entry Fee: If mailed, must be postmarked by October 7th, 2019
\$30.00 5K Pre-entry Fee thru October 7th
\$40.00 after Oct. 7th, 2018
FEE INCLUDES: Race packet, T-shirt (first 200 entries guaranteed), post-race refreshments, and medals to place winners.

Registration: Register online [here](#)
or print and mail this form to:
Hudson Highlands Nature Museum
Meadows & Trails 5K
PO Box 451
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
Free parking

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

Contact: Laura Hromadka, laura.meadowtrail.run@gmail.com, or
Jessica Oliveri at the Hudson Highlands Nature Museum, 845-534-5506 ext 215

Kid's Dash: Ages 3-6 only. Free entry.



Meadows and Trails 5K & Kid's Dash *Registration Application*

Save money! Register by 10/7 for reduced rates!

Name (Last) _____ (First) _____

Address _____ Town _____

State _____ Zip _____ Phone _____

Email: _____

Age on Race Day _____ Gender: _____

Event Waiver: In consideration of being permitted to participate in any way in the *Meadows And Trails 5k* run and/or Kid's Dash, 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 or Kid's Dash. 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 or EXCHANGES
Run will proceed RAIN OR SHINE!
T-shirt guaranteed to first 200 Registrants only!

Mail: (\$30 early registration thru Oct. 7th, thereafter \$40)

**Hudson Highlands Nature Museum, Outdoor Discovery Center
Meadows and Trails 5K
PO Box 451, Cornwall, NY 12518**

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

Additional Donations Gratefully Encouraged!