



## Friends of Van Cortlandt Park Hike-a-Thon

**Saturday May 1<sup>st</sup>, 2010 at 10am**

Van Cortlandt Park, 242<sup>nd</sup> Street and Broadway near the  
last stop of the 1 train

Get out for a hike and help us raise funds for the restoration of Van Cortlandt Park's spectacular hiking trails. Similar to a Walk-a-Thon, we are asking you to seek out supporters to sponsor your hike for this Rain or Shine event.

All participants who register and raise at least \$25 will receive a t-shirt.

The first 100 participants to register and who raise at least  
\$50 for children or \$100 for adults will receive a goody bag.

To participate, simply submit the registration form below by Wednesday April 7<sup>th</sup>, 2010. All participants will receive an email with additional information including pledge forms which will be due by Wednesday April 28<sup>th</sup>, 2010. For more information please contact the Friends at 718-601-1460 or [info@vancortlandt.org](mailto:info@vancortlandt.org) or visit [www.vancortlandt.org](http://www.vancortlandt.org).

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### *Registration Form*

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City, State, Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_

I can not participate in this year's Hike-a-Thon but I would like to make a donation in the amount of \$ \_\_\_\_\_ towards the restoration of the hiking trails in the Park.

**T-shirt size, adult sizes only (check one):**  Small  Medium  Large  X-Large

**Hiking Route, both hikes will be led by Friends of VCP Staff (please check only one)**

Short Hike: this easy and short 1 mile hike along the John Kieran Trail is ideal for families with small children, seniors or people with disabilities. Approximately 45 minutes.

Long Hike: this longer hike of 3-4 miles will follow various trails throughout the park and include changes in elevation. Approximately 2.5 hours.

**If participant is under the age of 18, a parent/guardian must complete below:**

**Parent/Guardian's Name:** \_\_\_\_\_ **Child's Age:** \_\_\_\_\_

By signing below, I consent that my child is allowed to participate in the Friends of Van Cortlandt Park's Hike-a-Thon and if my child is under the age of 14 I will have an adult hike with them at the event.

**Parent/Guardian's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Please send in completed Registration Form by April 7<sup>th</sup>, 2010 via:**

Email: [info@vancortlandt.org](mailto:info@vancortlandt.org) Fax: 718-601-1574

Mail: Friends of Van Cortlandt Park \* 124 Gale Place Apt. GrA \* Bronx, NY 10463