

## **Hitchcock Nature Center:**

Over 10 miles of hiking/running trails.

Primitive backpack camping

Modern campground and camping cabins

Picnic shelters and playground

1000 acres of the globally unique Loess Hills

## **Our Loess Hills Lodge is a state of the art interpretive center. The Loess Hills Lodge includes:**

Interactive displays on the Loess Hills and the HawkWatch

Spacious and well outfitted meeting spaces and classrooms. Keep us in mind for all your meeting needs!

**Hitchcock Nature Center  
27792 Ski Hill Loop  
Honey Creek IA 51542**

## **Hitchcock Nature Center**

**Presents**

## **6th Annual Hitchcock**

# **HAWK WATCH**

## **5K**



**5K Trail Run and Walk:  
Enjoy Nature! Run its course.**

**Date: Saturday 10/9/10**

**Time: 9:00 AM**

**Sponsored by**  
Nebraska Adventure Group



[www.neadventuregroup.com](http://www.neadventuregroup.com)

# 6th Annual Hitchcock HawkWatch 5K Trail Run and Walk:

*Enjoy Nature! Run its course.*

**Make it easy for yourself, REGISTER ONLINE**  
[www.awparsons.com/neadventuregroup/HawkWatchRegistration.html](http://www.awparsons.com/neadventuregroup/HawkWatchRegistration.html)

### HISTORY AND PLACE:

The Hitchcock HawkWatch 5K Trail Run and Walk is named for our nationally recognized HawkWatch. Each year volunteers identify and count thousands of migrating hawks, eagles and other raptors that pass near our 45 foot HawkWatch Tower.

Run/Walk participants and families should be sure to visit the HawkWatch Tower and the Loess Hill Lodge interpretive center to see what the buzz is all about!

### COURSE:

The course is fairly accurate to 3.1 miles, though the challenging hills may make you think otherwise! As the course makes its way through our woodlands and prairies, the trail is dirt surfaced so footing will be uneven at times. Participants will encounter some prairie grass on portions of trail.

### DIRECTIONS TO THE EVENT:

The Hitchcock Nature Center is located off the Old Lincoln Highway, 5 miles North of Crescent, Iowa.

### Address:

27792 Ski Hill Loop  
Honey Creek, IA 51542

For more specific directions call us at 712-328-5833  
Or email [chad.kunze@pottcounty.com](mailto:chad.kunze@pottcounty.com)

**Parking is limited and can become congested, please come early and follow posted signs for parking.**

### FEE:

Our fee for this year's Run/Walk is \$20 for pre-registered participants and \$25 for late and day of the race participants. All preregistered participants will receive a commemorative Hitchcock Hawk-Watch 5K T-shirt and post race snack and beverages.

### AWARDS:

Trophies will go to the top overall male and female runners. Top male and female runners in each age group will get an award: 19 & under, 20-29, 30-39, 40-49, 50-59, 60 & over. All walk participants will be entered into a drawing for prizes.

### OTHER INFORMATION:

Hitchcock Nature Center Contact:  
Chad Kunze  
712-328-5833  
[chad.kunze@pottcounty.com](mailto:chad.kunze@pottcounty.com)

Nebraska Adventure Group  
Brandon Miller  
[neadventuregroup@gmail.com](mailto:neadventuregroup@gmail.com)

Make checks payable to PCCB (Pottawattamie County Conservation Board).

Mail Entries to: Hitchcock HawkWatch 5K  
Hitchcock Nature Center  
27792 Ski Hill Loop  
Honey Creek IA 51542

**Pick up packets, running bibs and shirts the morning of the event.**

### MAILER ENTRY FORM:

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

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Age (10-1-10): \_\_\_\_\_ MALE or FEMALE

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

T-shirt Size:      S          M          L          XL

Fee:      \$20 through 10/05/10      \$ \_\_\_\_\_  
            \$25 after 10/05/10      \$ \_\_\_\_\_

### WAIVER:

I know that entering the 6th Annual Hitchcock HawkWatch 5K Trail Run and Walk is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely participate. I assume all risks associated with this event including, but not limited to: falls, contact with other participants, and the effect of the race course. I, for myself and anyone entitled to act on my behalf, waive and release the Pottawattamie County Conservation Board and all sponsors, race officials, and their representatives from claims arising out of my participation in this event.

Signature: \_\_\_\_\_

(Parent or guardian if under 18)

Date: \_\_\_\_\_

www.awparsons.com/neadventuregroup/HawkWatchRegistration.html  
**Register online at**