



LOWE's of Ulster presents the 2<sup>nd</sup> Annual



# Lowe's 5K

All proceeds will benefit the United Way of Ulster County

Sunday, March 30, 2008—10 a.m.— Lowe's, 901 Frank Sottile Blvd., Kingston

**Start/Finish:** Frank Sottile Blvd., behind Lowe's of Ulster

**Route:** Frank Sottile Blvd. to Route 32 and back

**Entry Fee:** Prior to March 30th: \$15; Race day: \$20; Children under 12: Free  
Onteora Runners Club (ORC) & Mid-Hudson Athletic Club (MAC) members deduct \$2.00 per applicant.

Check in/Race Day Registration 9-10 a.m. in front of Lowe's Garden Center. Rain or Shine! Sorry, no refunds.

**For more information:**

Call the United Way of Ulster County, 331-4199, or email Brian Lavender at Bdlavender@yahoo.com.

**Prizes\***

Every participant receives a 10% discount coupon for any Lowe's purchase made race day

Randomly drawn prizes for all registered runners/walkers

T-shirts for pre-registered runners/walkers

Medals for all participants

\*You must have a race number and be present to win.

The **United Way of Ulster County** funds 52 programs for 22 agencies throughout Ulster County that focus on helping people achieve self-sufficiency. All funded programs target: **Affordable Childcare, Employment Skills, Family Mental Health, Housing Assistance, Literacy, Parent Education and Substance Abuse Prevention.** Thanks for "Keeping it Local" and helping us make our community strong!  
For more information, please visit our website: [www.uwuc.org](http://www.uwuc.org).

**Run for Life, Walk for Life, Build for Life - Lowe's 5K - Sunday, March 30<sup>th</sup>, 10 a.m.**

**This year's goal: 250 runners!**

Name \_\_\_\_\_ Age \_\_\_\_\_ Male/Female (M/F)

Mailing Address \_\_\_\_\_ City, State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

\_\_\_\_\_ **5K Runner**    \_\_\_\_\_ **5K Walker**    \_\_\_\_\_ **Children's Race**    (check one)

**Shirt Size:**    **M**    **L**    **XL**    **2XL**    (circle one)

In consideration of accepting this entry, I the undersigned, intending to be legally bound, for myself, my heirs, executors, and administrators, waive and release any and all claim for damages I may have against the Lowe's corporation, Lowe's of Ulster, United Way of Ulster County, Town of Ulster, or Town of Lake Katrine, and any other sponsors, their representatives and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit, and have trained sufficiently for this event and a licensed medical doctor has verified my physical condition.

Signature \_\_\_\_\_ Signature of legal guardian (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

**Mail Registration Form & Check Payable to:** United Way of Ulster County, 450 Albany Avenue, Kingston, NY 12401