



LOWE's of Ulster presents the 3rd Annual

Lowe's 5K



All proceeds will benefit the United Way of Ulster County.

Sunday, **March 29, 2009—10 a.m.**— Lowe's, 901 Frank Sottile Blvd., Kingston
The one-mile children's race begins at 9:45 a.m.

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

Route: Frank Sottile Blvd. to Route 32 and back (road closed to traffic during race)

Entry fee: Prior to March 20th: \$15; Race day: \$20; Children under 12: Free
Onteora Runners, Shawangunk Runners, and Mid-Hudson Road Runners club members deduct \$2 per entry.

Check in/registration is 8:30 to 9:30 a.m. in front of Lowe's Garden Center. Rain or shine! Sorry, no refunds.

Register online at www.active.com.

For more information, call Su Marcy at the United Way of Ulster County (845) 331-4199, ext. 2,
or email Brian Lavender at Bdlavender@yahoo.com.

Prizes

Prizes awarded to top finishers in 10-year age groups. Additional drawing for all registered runners/walkers.

You must have a race number and be present to win. T-shirts for all pre-registered runners/walkers.

Check out our additional race day raffles including sports events tickets and local restaurant gift cards.

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.

Please photocopy as needed

Run for Life, Walk for Life, Build for Life - Lowe's 5K - Sunday, March 29th, 10 a.m.

Please Print:

_____	_____	_____
Name	Age	Male/Female (M/F)
_____	_____	_____
Mailing Address	City, State	Zip
_____	_____	_____
Phone	Email Address	

Circle your race category: 5K Runner 5K Walker Kid's Race

Circle your T-shirt size: Adult: S M L XL 2XL Kids: S M L

Note your running club affiliation here: _____

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, 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 and check payable to: United Way of Ulster County, 450 Albany Ave., Kingston, NY 12401

For office use only:

Date received:

Race # assigned:

Payment received: