



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

Check in/register from 8:30 to 9:30 a.m. in front of Lowe's Garden Center. Rain or shine!

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: \$15 prior to March 20; **\$20** from March 21 until race day; **free** for children under 12.

Onteora Runners, Shawangunk Runners, and Mid-Hudson Road Runners members deduct \$2 per entry.

Register online at **www.active.com** or use the form below. Sorry, no refunds.

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

Prizes

- T-shirts for all adult pre-registered runners/walkers.
- Awards for overall male and female runners and top finishers in 10-year age groups.
- Prize drawing for all registered runners/walkers with a race number. You must be present to win.
- Additional race-day raffles for sports events tickets and local restaurant gift cards. Anyone can enter.

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**.

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

Please Print:

_____ Name	_____ Age	_____ Male/Female (MF)
_____ Mailing Address	_____ City, State	_____ Zip
_____ Phone	_____ E-mail Address	

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

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

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
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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: