



Saturday, MAY 11, 2013

Mini-Miler (10 & under) 9:30 AM

Run-Walk 10:00 AM

T-SHIRT to the FIRST 100

REGISTERED RUNNERS/WALKERS

CHECK-IN & RACE-DAY REGISTRATION YWCA on 209 Clinton Avenue @ Academy Green
PRE-REGISTRATION • DUE BY MAY 4, 2013 Entry Fee = \$12.00 Adults • \$10.00 12 & under
RACE-DAY REGISTRATION • 8:30-9:30 AM Entry Fee = \$15.00 Adults • \$10.00 12 & under
CELEBRATION & AWARDS • 11:30 AM-1:00 PM K. Heavey Award to FIRST PLACE

REGISTRATION INFORMATION

*Please return this completed form with your check made payable to YWCA ULSTER COUNTY to:
YWCA Ulster County • 209 Clinton Avenue • Kingston, NY 12401 • attn: Mother's Day 5K
Questions? Call 845-338-6844, X102 or e-mail mzweifel@ywcaulstercounty.org.*

Name: _____

Female: _____ Male: _____ Age: _____ T-shirt size: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____ E-mail Address: _____

ON-LINE REGISTRATION NOW AVAILABLE: <https://ywcaulstercounty.ticketbud.com>

WAIVER RELEASE

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 rights and claims for damages I may have against the YWCA Ulster County and the City of Kingston, and any and all sponsors, and their representatives, successors and assigns for any and all injuries suffered by me in this event.** I attest and verify that I am physically fit, have trained sufficiently for this event, and my physical condition has been verified by a licensed medical doctor.

Print Name: _____ Date: _____

Signature: _____

(PARENT/GUARDIAN MUST SIGN IF UNDER 18)

CELEBRATING 90 YEARS of SERVICE in ULSTER COUNTY • A UNITED WAY AGENCY
PROCEEDS to BENEFIT the YWCA'S roster of PROGRAMS for WOMEN, CHILDREN & FAMILIES
Sponsored in part by DAVE'S TREE SERVICE

for every woman