

YWCA IS ON A MISSION

eliminating racism
empowering women
ywca



SATURDAY • MAY 13, 2017 • 10:00 AM START
RUN-WALK REGISTRATION FORM
T-SHIRT TO THE FIRST 150 REGISTRANTS*
CHECK-IN & RACE-DAY REGISTRATION @ YWCA

PRE-REGISTRATION • by MAY 1, 2017 Entry Fee = \$15.00 adults • \$10.00 12 & under

RACE-DAY REGISTRATION • 8:30-9:30 AM Entry Fee = \$20.00 adults • \$10.00 12 & under

RUN-WALK • 10:00 AM Begins @ YWCA • Ends @ Keegan Ales

AWARDS & BBQ • 11:00 AM-1:00 PM @ Keegan Ales on Saint James Street

• K. HEAVEY AWARD TO FIRST PLACE Women's & Men's FINISHERS •

HOW TO REGISTER

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.

ON-LINE REGISTRATION AVAILABLE FEBRUARY 27TH @ www.ywcaulstercounty.org

Name: _____
Female: _____ Male: _____ Age: _____ T-shirt size: _____ (*NOTE: T-shirt sizes are not guaranteed)
Address: _____
City: _____ State: _____ Zip Code: _____
Phone Number: _____ E-mail Address: _____
Please choose: YES! I will attend the FREE BBQ. _____ NO! I am unable to attend the BBQ. _____

WAIVER RELEASE

In consideration of accepting this entry, I the undersigned, intending to be legally bound for myself, my heirs, executors and administrators, **wave 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)

PROCEEDS to BENEFIT GIRLS INC.® OF ULSTER & DUTCHESS COUNTIES

YWCA.ORG

YWCA Ulster County
A United Way Agency
209 Clinton Avenue • Kingston, NY 12401
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