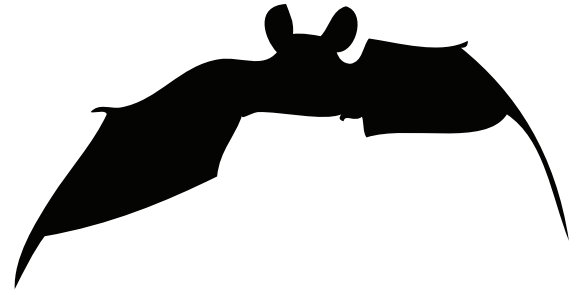


ULSTERCORPS SERVICE SPRINT

SPRINT FOR SERVICE

SATURDAY
OCTOBER 30
10AM

AT WILLIAMS LAKE/
HUDSON RIVER
VALLEY RESORTS



Last Name _____ First _____

Address _____

City _____ State _____ Zip _____

e-mail _____ Sex M _____ F _____

Phone (____) _____

5 MILE RACE

Kids Fun Run

Fitness Walk/Hike

Birthdate ____|____|____ Race Day Age _____

Pre-Registration (no t-shirt): \$10 _____

Pre-Registration (with t-shirt): \$15 _____

Day-Of Registration (no t-shirt): \$15 _____

Day-Of Registration (with t-shirt): \$20 _____

Team Price (min. 3 members) (no t-shirt): \$8 _____

Team Price (min. 3 members) (with t-shirt): \$12 _____

Each team member must fill out individual registration form.

I would also like to make a donation of _____ to help volunteerism thrive in Ulster County.

Shirt size sm _____ med _____ lg _____ xl _____

Checks payable to UlsterCorps Mail to: PO Box 34 . Stone Ridge, NY 12484

In consideration of the acceptance of this entry, I waive all claims for myself, my heirs and assigns against the sponsors, cooperating and coordinating groups and any individuals associated with the event and will hold them harmless for any and all injuries which may result from my participation. I further state that I am in proper physical condition to participate in this race. I also hereby give my permission to the media to use my name and/or picture in any newspaper, broadcast, telecast or any other account of this event without limitation and without any obligation of anyone to compensate me further. Please note there is no swimming in Williams Lake.

Signature: _____

Date: _____

Parent's Signature (if under 18) _____

**ALL PROCEEDS BENEFIT ULSTERCORPS,
WHOSE MISSION IS TO INCREASE
VOLUNTEERISM IN ULSTER COUNTY.**

www.ulstercorps.org