



RUN FOR YOUR LIVES IN THE

7TH ANNUAL
ULSTERCORPS

ZOMBIE
ESCAPE

SATURDAY
OCT 29TH, 2016
(Raindate Oct 30th)

ULSTERCORPS ANNUAL FUNDRAISER
5K RUN • 1K WALK • FREE KIDS 1K FUN RUN

HOSTED BY WILLIAMS LAKE
ROSENDALE

Last Name _____ First _____

Address _____

City _____ State _____ Zip _____

E-mail _____ Sex M _____ F _____

Phone (____) _____



5K Race & Zombie Escape 1K Kids Fun Run (FREE!) 1K Fitness Walk/Hike

Birthdate ____ | ____ | ____ Race Day Age _____



Pre-Registration by 10/15: \$20 _____ (FREE t-shirt)

Pre-Registration 10/15-10/28: \$20 _____ (no FREE t-shirt)



Registration after 10/28: \$25 _____ (no FREE t-shirt)

Team Price Per Person by 10/28: \$15 _____ (FREE t-shirt if registered by 10/15)

Event Sponsor: Free _____ (FREE t-shirt)

Zombie: Free _____ (no FREE t-shirt)

Minimum 3 members per team. Each team member must fill out an individual registration form.

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

Shirt size xs _____ sm _____ med _____ lg _____ xl _____



A limited number of t-shirts will be available for purchase the day of the event.

Please make checks payable to UlsterCorps and 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, a nonprofit countywide resource dedicated to fostering a culture of volunteerism, collaborative work and community service.

www.ulstercorps.org