

Ulster County Recurring and Annual Events Physical Activity Events at Low/No Cost

Event	What	When	Where	Time	Contact	Cost
Shamrock Run	2 mile Flat Walk/Run	Annually Sunday before St. Patrick's Day	Academy Green	12:50pm Sharp	Ryan Insurance 338-6000	\$10.00 on time registration
Kingston Classic	10K run	Last Sunday in April April 30, 2006	Kingston Plaza-Schwenk Drive	1PM	Dick Vincent 518-678-3293 www.kingstonclassic.com	\$15.00 on time
Shamrock Scramble	5K Run /Walk	March 19, 2006	Wallkill Firehouse Central Avenue	Walkers 830AM Runners 930AM	Al Favata 565-1483 Al Schmidt 895-8350 Bob Garrison 926-8055 JoAnne Warren 895-8373	Adults \$20 Kids - \$1.00
So. Ulster Rotary 5K	5 K Run/Walk	March 26 th , 2006	Plattekill Firehouse	Walk 830AM Run 9AM	Bob Earl 883-5563 jkiley@quadex.com	\$12.00 On time
YMCA Kids Classic	Kids Fit Mile Run	April 22, 2006 4 th Saturday in April	Dietz Stadium Kingston	915AM	Dan Bigelow 338-3810 ext. 19 dbigelow@ymcaulster.org	Per Child Early \$5.00 \$10 -\$15 thereafter Family Cap \$40
Ray's Run	4 mile run 2 mile walk	April 23, 2006	Dietz Stadium Kingston	1230PM 115PM	Ray & Linda Caddy 10 Arlmont Street Kingston, N.Y 12401	\$12 Adults \$6 students <i>Free Children's Run</i>
Fair Street 5K	3.1 mile run/walk	Sunday prior to Thanksgiving	Corner of Fair and Pearl Streets in Kingston	100PM	Fair Street Reformed Church Jack Ziwich 338-7722	\$12.00 registration fee
Women's Health Walk	2 miles Walk	Day of Women's Health Expo	Tech City Property at Entrance to Expo	10AM	Dr. Debra Karnasiewicz 338-7140	\$10.00 Registration Fee
Woodstock Classic	5K and 15K	May 29 th 2006 (Memorial Day)	Race Headquarters Zena School	15K-900AM 5K-946AM	Jan Pollo 688-5881 Mary Lockett- 383-3840	
Reindeer Ramble	3.1 Holiday Road Run/Walk 2 Mile Children's Run/Walk	2 nd Sunday in December	Kingston YMCA	100PM Event Registration 1130-1245PM	Eileen at YMCA 331-3810 Ext. 115	\$10.00 Pre entry \$12.00 Late Entry

Seasonal Weekly Events

Event	What	When	Where	Time	Contact	Cost
Weekly Walking Group	Adults 50 and over	Every Thursday	Dietz Stadium	March 10AM April-Sept 830AM	Pat Johnson 331-1682	Free
Spring Tyke Hikes	Appropriate for children up to 5 years of age and their parents	March 17 th April 21 May 19 th	Forsyth Nature Center (FNC) O&W Rail Trail Kingston Point Park (KPP)	11AM	FNC 331-1682 ext. 132	Free
Adult Nature Walks	Stroll with a naturalist Walks last 2 hours and cover 2 miles	Every Tuesday in March Every Tuesday in April and May	FNC FNC	1000AM 830AM	FNC 331-1682 Ext. 132	Free
Full Moon Hikes	Hike the Nature Trail at Kingston Point	3/14/06 4/13/06 5/13/06	KPP	800PM 830PM 830PM	FNC 331-1682 Ext. 132	Free (Reservations required)
Spring Nature Walks (Adults and Children)	Join a naturalist to explore spring	April 1,8,15,22 2006	FNC	1000AM	FNC 331-1682 Ext. 132	(Weather permitting)
Warbler Walks	Enjoy the peak of songbird migration on these 2 hour walks	May 4,11,18,25 2006	Various Locations	6-8AM	FNC 331-1682 Ext. 132	Call for location