



12th Annual

Make it a Habit!

LITTLE SISTERS OF THE POOR

Little Sisters of the Poor
NUN RUN 5K | RUN & WALK
 SATURDAY | SEPTEMBER 15, 2018
 185 Salem Church Road | Newark, DE 19713

WWW.NUNRUN5K.ORG

- Time:** Registration opens at 8:00 AM
 Race starts at 9:00 AM
- Location:** Little Sisters of the Poor-Jeanne Jugan Residence | 185 Salem Church Rd. | Newark, DE 19713
- Entry Fee:** Pre-Registration- \$20 (from 4/1-6/30) and \$25 (from 7/1-9/14)
 On-Site Registration- \$30
- Benefits:** The needy Elderly at Jeanne Jugan Residence.
- Course:** USATF Certification #DE11009LMB – wheel measured, flat and fast.
- Amenities:** T-shirts guaranteed to all participants who pre-register by September 10th
 Refreshments, DJ music, door prizes, goodie bags & more!
- Awards:** Trophies to 1st Place Male and Female runners and walkers plus Male & Female "Masters" runners. Medals for top 3 runners in 5 year age groups (13 and under to 70+)
- Entry Info:** See below or visit www.NunRun5K.org to register online.
- Contact:** Anthony Uro at (302)528-1383 or franksinatra11@icould.com
- Mail Entry:** Little Sisters of the Poor (ATTN: Nun Run) 185 Salem Church Rd. | Newark, DE 19713
 Please make checks payable to Little Sisters of the Poor



Sleep In For the Little Sisters of the Poor Cause:
 \$25.00 Donation (includes t-shirt)

NUN RUN 5K RUN/WALK

BIB#: _____

PLEASE PRINT CLEARLY AND FILL OUT SEPARATE ENTRY FORM FOR EACH RACE PARTICIPANT

Name:	Age:	Sex:	Race: <input type="checkbox"/> 5K Run (or) <input type="checkbox"/> 5K Walk		
Address:	City:		State:	Zip:	Phone:
Email:	Payment Method: <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Card				
Master Card or Visa (circle): Card #			Exp. Date:	Total: \$	
Name & Address on Card (if different from above):					
T-Shirt Size (circle): S M L XL		How did you hear about the Nun Run? ___ Past Race ___ Web ___ Flier ___ Parish ___ Other			

SIGNATURE & DATE INDICATES COMPLIANCE WITH ALL TERMS DESCRIBED ON THIS ENTRY FORM

Signature of participant _____ Date: _____

In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, executors, administrators, waive and release any and all rights I may have against the organization holding this event, its agents, representatives, successors, and assigns for any and all injuries suffered by me at said race.

NO REFUNDS - THE RACE DIRECTOR RESERVES THE RIGHT TO REJECT ANY ENTRY.