



Little Sisters of the Poor
NUN RUN 5K | RUN & WALK
SATURDAY | SEPTEMBER 14, 2019
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- \$15 (2/3-2/17), \$20 (2/18-6/30), \$25 (7/1-9/13)
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 August 8th
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 10 year age groups (13 and under to 70+). Prizes and/or awards to top Team and top Individual fundraisers.
- Entry Info:** See below or visit www.NunRun5K.org to register online.
- Contact:** Anthony Uro at (302)528-1383 or franksinatra11@icloud.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: 5K Run (or) 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? <input type="checkbox"/> Past Race <input type="checkbox"/> Web <input type="checkbox"/> Flier <input type="checkbox"/> Parish <input type="checkbox"/> 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.