

First Annual



5K Run

1 Mile Fun Run/Fitness Walk

**Saturday, September 18,
2010**

**10:00 a.m. Start
Registration**

8:30 - 9:45 a.m.

**Pre-register online at
www.mscreading.org
by 8/28/10**

Rain or Shine

Packet Pick-up Drive-Through

Friday, September 17, 6:00-7:00 pm

Sacred Heart Villa, 51 Seminary

Ave., Reading, PA

Your participation in our
NUN RUN & FUN WALK benefits the
**Missionary Sisters of the Most Sacred
Heart of Jesus**, 51 Seminary Ave.,
Reading, PA, 19605.
www.mscreading.org



AWARDS

Athletic Awards

The Top 3 Female & Top 3 Male 5K Runners in the following age brackets will be recognized:

14 and Under; 15-25; 26-39;
40-55; 56+

Sponsorship Awards

Awards also will be presented for the **Top 3 Pledge Amounts collected!**

To take pledges, simply **list the names, addresses and gift amounts** of the people who agree to sponsor you in the NUN RUN.

Remind them that their gift goes to the Missionary Sisters of the Most Sacred Heart, a very worthy cause!

Hand us your list along with the money you have raised at the registration table.

Thank you!



The MSC Sisters **NUN RUN & FUN WALK**

Hosted by the MSC Sisters'
Development Advisory Board

Details:

- Scenic and challenging Muhlenberg area, all macadam course winds through the grounds of Sacred Heart Villa, Holy Guardian Angels and Gethsemane Cemetery; 5K course includes inclines
- Start /Finish at Sacred Heart Villa, 51 Seminary Ave., Reading, PA
- Families encouraged; strollers permitted on both courses!
- Timing with instant results for 5K runners

All Participants Receive:

- Custom made dry fit T-shirt
- Free water and fruit
- Corporate-sponsored gift bag
- Free parking and restrooms on grounds of Sacred Heart Villa

Whether You Participate or Not:

- Enjoy great music played by our DJ
- **BYOP** - Bring your own picnic to enjoy on our beautiful grounds
- Interact with our MSC Sisters!

Entry Information

5k Run & 1 Mile Walk

Pre-Registration:

\$20.00

**Includes dry fit T-shirt if
pre-registered by August 28**

All entry fees are non-refundable

Registration at NUN RUN:

\$25.00

T-shirts available until gone

**PRE-REGISTER by 8/28!
REGISTER ONLINE
WWW.MSCREADING.ORG**

Where to be when:

Sacred Heart Villa

51 Seminary Ave., Reading, PA, 19605

September 18, 2010

Pre-Registered by 9:15 a.m.
Race Day Registrants 8:30 a.m.

**Make the NUN RUN a family
service project by finding
sponsors; see inside panel!**

To enter, print and mail this form or
click **register online.**

Entry Form - one per person please

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

DOB: _____ Age on Run Day: _____

Phone: _____ Circle: Male Female

Email: _____

Registering for: ___ 5K or ___ 1 Mile Run/Walk

T-shirt Size: **Adult** S M L XL XXL

Child S M L

Entry Fee Enclosed: \$ _____

I cannot run or walk, but would like to
donate \$ _____ to the MSC Sisters.

*Please make checks payable to
MSC Sisters & mail to MSC Advancement, 51
Seminary Ave., Reading, PA 19605*

WAIVER: I understand that running a 5k race is potentially hazardous, even when run on "holy ground," and that I should not enter unless I am medically able and properly trained. I also acknowledge that the course is a bit hilly and that some of the footing may be poor, and I assume the risk of running on it. I also assume all other risks associated with running this race including but not limited to falls, contact with other participants, the effects of weather, and the conditions of the course. Knowing these facts and in consideration of your acceptance of my entry and entry fee, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge, the Missionary Sisters of the Most Sacred Heart of Jesus and all other organizations or individuals directly or indirectly associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind of nature whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to the Missionary Sisters of the Most Sacred Heart of Jesus and its affiliates to use any pictures or likenesses of me secured at the event in any way they see fit without my review, restriction, or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER AND CONSENT. (If under 18, legal guardian must sign)

Signature: _____

Print Name _____ Date: _____



MSC Mission Advancement
51 Seminary Ave.
Reading, PA 19605

NON-PROFIT
US POSTAGE
PAID
READING, PA
PERMIT NO. 529