

ENTRY FORM

In-Person or Virtual • One form per person please

Name: _____
 Team (if applicable): _____
 Address: _____
 City: _____ State: _____ Zip: _____
 DOB: _____ Age on Run Day: _____
 Phone: _____ ☐ Male ☐ Female
 Emergency Contact Phone: _____
 Email: _____
 Register me for: ☐ 5K ☐ 1 Mile Walk ☐ 1M under 12 Run

☒ Virtual Runner/Walker (Join us in spirit – pay \$30 entry fee & receive t-shirt in mail.)

T-Shirt Size: ☐ Adult ☐ Child
 S M L XL XXL S M L

Entry Fee Enclosed: \$ _____
 Please accept my additional donation of: \$ _____
 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 "dry ground" and that I should not enter unless I am medically able and properly trained. I also acknowledge that the course is built on asphalt so 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 risks, I consent to my acceptance of my entry and entry fee. Feeby, for myself, my heirs, executors, administrators, or anyone else who is in my care, I covenant not to sue, and we will release and discharge the Missionary Sisters of the Most Sacred Heart of Jesus and all other organizers or individuals directly or indirectly associated with this race, from any and 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, foreseeable or unforeseen, known or unknown. By entering this race, I grant my 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 (Under 18, legal guardian's signature)

Signature: _____
 Print Name: _____
 Date: _____

All entry fees are non-refundable; rain or shine event.

ENTRY INFORMATION

\$25 Registration Fee due by 4/26/23 • \$30 Fee Thereafter

Register/Sponsor by mail by returning the Entry Form/Sponsor Opps Panel or Register/Sponsor online at MSCreading.org.



You Must Register by
 4/1/23 to Guarantee
 Your Nun Run T-shirt!

Where to be when:

St. Michael Convent (formerly Sacred Heart Villa)
 51 Seminary Ave. • Reading, PA 19605

April 29, 2023

Registration opens at 8:30 AM
 and closes at 9:50 AM

START TIMES:

Youth Run – 9:40
 5K – 10:00
 1M Walk – 10:05



Create a Team

to increase your FUN! Team members simply fill in their team name on the entry forms, and we announce all teams at the event.

Pre- and Post-Race Fun & Raffles!



The Missionary Sisters of the Most Sacred Heart of Jesus (MSC) are compelled to share the Heart of Christ with people everywhere. Our 700+ Sisters are present in 21 countries. U.S. Province missions include Native American ministry, circus ministry, healthcare, prison ministry, education and pastoral care, to name a few. Thank you for enabling us to continue this work and to meet our modest needs.



14TH ANNUAL



MSC Sisters
MSCreading.org

Fun Walk 2023

SATURDAY

APRIL 29 2023

ST. MICHAEL CONVENT

51 Seminary Ave • Reading, PA

Virtual & Live Options



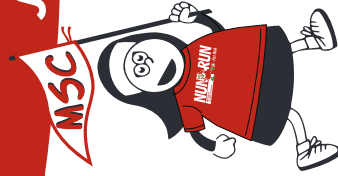
Hosted by the MSC Sisters in support of the mission and lives of the Missionary Sisters of the Most Sacred Heart of Jesus

MSCreading.org

Join the FUN at the

SPONSORSHIP OPPORTUNITIES

14th Annual MSC Sisters NUN RUN



DETAILS: Taking place in the scenic Muhlenberg area, the all-macadam course winds through the grounds of St. Michael Convent, Holy Guardian Angels, and Gethsemane Cemetery. The 5K course does include inclines. Start & Finish are located at St. Michael Convent. Families encouraged; strollers permitted; and pets welcome! **5K timing provided by Pretzel City Sports.**

ALL REGISTRANTS RECEIVE:

- Custom Nun Run T-Shirt (guaranteed only if registered by 4/1)
- Post-race Water and Snack
- Retro Nun Run Bags
- Free parking and restrooms on grounds

WHETHER YOU RUN, WALK OR WATCH:

ENJOY music & friends!
PLAY to win our basket raffle!
PURCHASE lunch and baked goods.
INTERACT with our MSC Sisters!
CHEER on your favorite runners/walkers!



SOLES 4 SOULS

WEARING OUT POVERTY™

USED SHOES WANTED!

Bring along your used footwear & we will donate to Soles 4 Souls.

COLLECT SPONSORS

to make a bigger impact!

Ask friends and family to sponsor your run or walk. Fill an envelope with their donations and include a list of their names, addresses, and donation amounts so we can thank them properly. Offer the list and the money you've raised at the registration tables. Please make checks payable to MSC Sisters.

AWARDS

5K AWARDS

Overall Male & Female - Masters 60+ Overall Male & Female
(No prize duplications)

Top 3 Female & Top 3 Male 5K Runners

in the following age brackets will be recognized:

18 & Under • 19-29 • 30-39 • 40-49 • 50-59
60-69 • 70-79 • 80+

YOUTH RUN AWARDS

9:40 AM Start • All Runners (under 12) Receive a Prize

To Sponsor Nun Run 2023, mail the form below or complete online at MSCreading.org.

Deadlines: Billboards March 15 • T-Shirts April 1

GOLD SPONSOR – \$1,000 (RECEIPT BY 3/15)

Receive: Logo on Nun Run BILLBOARDS • Company/Family LOGO printed on our Nun Run T-Shirts • Recognition on the Sisters' website and in their fall newsletter • Free run/walk registration for 2.

SILVER SPONSOR – \$500 (RECEIPT BY 4/1)

Receive: Family/Company LOGO printed on our Nun Run T-Shirts • Recognition on the Sisters' website and in their fall newsletter • Free run/walk registration for 2.

BRONZE SPONSOR – \$200 (CASH OR IN-KIND) (RECEIPT BY 4/1)

Receive: Company/Family name listed on our Nun Run T-Shirts.

Name _____

Email _____

Phone _____ ☐ Please call me

Listing should read: _____

I (Gold/Silver Sponsor) have: _____

☐ included ☐ emailed camera-ready artwork.

Patron...I cannot attend but want to sponsor my favorite MSC Nun(s)

Name _____

Email _____

Phone _____

Sister's Name(s) _____

Sponsorship Amount \$ _____

To become a Nun Run Sponsor or Patron...

Return this form and your check to **MSC Mission Advancement, 51 Seminary Ave., Reading, PA 19605** use your credit card at MSCreading.org or contact Carrie Whitmoyer, MSC Mission Advancement Director, at cwhitmoyer@mscreading.org or 610-207-5862.

Please make checks payable to MSC Sisters. Thank You!

