



April 29, 2023 10:00 AM at St. Michael Convent

(formerly Sacred Heart Villa)
51 Seminary Ave., Reading, PA 19605

**\$25 fee per in-person runner/walker
– after 4/26 \$30**

**\$30 virtual fee pp –
must order by 4/1 to receive mailed t-shirt(s)**

**ALL must order/register by 4/1 to guarantee
your Nun Run T-shirt**

Online Registration open until 4/26

<https://mscreading.org/nun-run/>

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

1 M Youth Run for 12 and under begins at 9:40.

5k Run begins at 10:00. **1 M Walk** begins at 10:05.

Prize ceremony begins once PCS finishes timing.

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

5K AWARDS

Overall Male & Female

Masters 60+ Overall Male & Female

(No prize duplications)

18 & Under • 19-29 • 30-39 • 40-49 • 50-59

60-69 • 70-79 • 80+

1M YOUTH RUN AWARDS

All Runners (under 12) Receive a Prize

All In-Person 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!

USED SHOES WANTED!

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

ENTRY FORM: one per participant please.

Name _____ Address _____

City _____ State _____ Zip _____ Age (on Race Day) _____ Birthday ____/____/____

Emergency Phone: _____ E-mail address _____

Gender: Male Female **Event (circle one):** 5k 1M WALK Under 12 Youth Run Virtual (T mailed)

T-shirt size (**circle one**) Youth S M L
Adult S M L
XL 2X 3X

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. (Under 18, legal guardian signs.)

Signature: _____ Date: _____ *All fees non-refundable; rain or shine event.*

Checks payable to MSC Sisters: MSC Advancement, 51 Seminary Ave., Reading, PA 19605.