



**Saturday, September 17, 2016, Sacred Heart Villa, 10:00 AM**

**51 Seminary Ave., Reading, PA 19605**

*Proceeds benefit the Missionary Sisters of the Most Sacred Heart of Jesus*

**WHO:** Runners & Walkers of all ages for 5K run/walk or 1M Youth Run/Walk. Gather your family, friends and co-workers; teams welcome. Our course is stroller, wheelchair and pet friendly.

**WHAT:** Our event takes place in the scenic and challenging Muhlenberg area. The the all-macadam course winds through the grounds of Sacred Heart Villa, Holy Guardian Angels, and Gethsemane Cemetery. The 5K course does include inclines. Start & Finish are located at Sacred Heart Villa.

**ALL REGISTRANTS RECEIVE:** • Custom Nun Run T-shirt • Free bagels, water and fruit • Corporate-sponsored gift bag • Free parking and restrooms on grounds of Sacred Heart Villa

**WHETHER YOU RUN, WALK OR WATCH:** Enjoy great music played by our DJ, face painting and warm ups! Partake in your own picnic on our beautiful grounds and/or purchase lunch, baked goods, coffee bar creations & Yuengling Ice Cream.

**REGISTRATION:** Participants may pre-register using the application below or online at [www.MSCreading.org](http://www.MSCreading.org). Race Day registration can be done the day of the run at Sacred Heart Villa

beginning at 8:00 AM. Pre-registration checks payable to MSC Sisters \$20 by 9/12. Race Day registration \$25 check/cash/credit. T-shirts NOT guaranteed after 8/26.

**REMEMBER:** Pin your number to your shirt FRONT leaving the bottom portion unpinned so it can be removed as you cross the finish line. This is very important!

**PRIZES:** The 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+ / Youth Run: under 12 only 9:45 AM start (all runners receive an award). Sponsorship Awards: Presented to Top Individual Fundraiser & Top Team Fundraiser

**CREATE A TEAM:** Visit [www.mscreading.org](http://www.mscreading.org) for details.

**COLLECT SPONSORS:** Visit [www.mscreading.org](http://www.mscreading.org) for details and forms needed to raise some extra money for our MSC Sisters.

**BE AN EVENT SPONSOR:** Visit [www.mscreading.org](http://www.mscreading.org) for sponsorship information. Gold \$1,000; Silver \$500; & Bronze \$200

**REGISTRATION: Nun Run 5K and 1M Fun Run** Complete this portion. Detach and mail to MSC Mission Advancement, 51 Seminary Ave., Reading, PA 19605. Include \$20 early registration fee before August 26 to secure t-shirt. Race day registration fee will be \$25. Event is rain or shine. Checks payable to MSC Sisters or by Credit: Visa/MC/Discover/AE:

CC # \_\_\_\_\_ Exp: \_\_\_\_\_ CVV: \_\_\_\_\_ Name on card: \_\_\_\_\_

**Circle:** RUNNER / WALKER    **Circle:** 5K / 1M UNDER 12 YOUTH RUN / 1M WALK / VIRTUAL PARTICIPANT (Can't make it? Join us in Spirit - pay entry fee and we will mail your t-shirt after the event. Order by 8/26)

**Circle:** MALE / FEMALE    **Age on Race Day:** \_\_\_\_\_

**Circle T-shirt Size:** ADULT: S M L X XX XXX    YOUTH: S M L (We may need to substitute adult small for youths)

Name \_\_\_\_\_ Team Name (if applicable) \_\_\_\_\_

Complete Address \_\_\_\_\_  
*Please print*

E-mail address \_\_\_\_\_ Phone: \_\_\_\_\_

**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.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
*(Parent or guardian's signature if less than 18 years of age.)*