

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 1 M under 12 Run

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

T-Shirt Size: Adult S M L XL XXL XXXL

Child S M L No T-shirt needed

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 "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: _____

Print Name: _____

Date: _____

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

ENTRY INFORMATION

\$25 Registration Fee due by 4/10/24 • \$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 3/20/24 to Guarantee Your Nun Run T-shirt!

Where to be when:

HGA Regional School

(NOT St. Michael Convent as in prior years)
3125 Kutztown Rd. • Reading, PA 19605

April 13, 2024

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 will 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.

15TH ANNUAL

NUN RUN

MSC Sisters
MSCreading.org



5K
Fun Walk 2024

**SATURDAY
APRIL 13 2024**

**HOLY GUARDIAN ANGELS
REGIONAL SCHOOL**

3125 Kutztown Rd. • Reading, PA 19605

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

15th Annual MSC Sisters NUN RUN

DETAILS: Taking place in the scenic Muhlenberg area, the all-macadam course winds through the grounds of Holy Guardian Angels Regional School and Gethsemane Cemetery. The 5K course does include inclines. Start and Finish are located at HGA Regional School. 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 3/22)
- Post-race Water and Snack
- Free parking and restrooms on grounds

WHETHER YOU RUN, WALK OR WATCH:

ENJOY music & friends!

PLAY to win our basket raffle!

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



SPONSORSHIP OPPORTUNITIES

To Sponsor Nun Run 2024, mail the form below or complete online at MSCcreading.org.

Deadlines: Billboards February 28 • T-Shirts March 20

GOLD SPONSOR – \$1,000 (RECEIPT BY 2/28)

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 3/22)

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 3/20)

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...! 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 MSCcreading.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!

