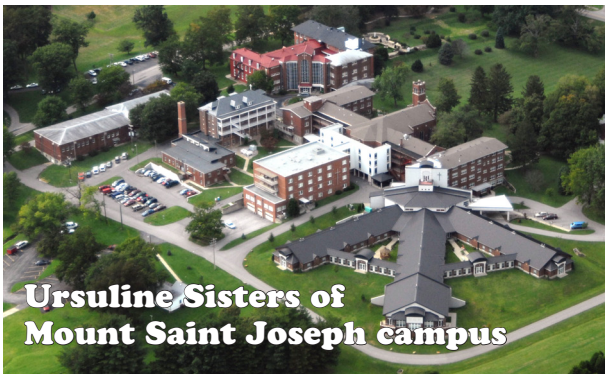




Run or Walk in Honor of a Sister!

For an extra \$10 you can run or walk in honor or memory of a sister and you will receive an armband with that sister's name on it to wear during the race. Also, your name and the sister's name will be placed on our 5K Honor a Sister web page.

If you are unable to participate, you may want to sponsor a sister who is walking. See our website for details.



Ursuline Sisters of Mount Saint Joseph campus



Ursuline Sisters
of Mount Saint Joseph

8001 Cummings Road, Maple Mount, KY 42356-9999

Located 12 miles west of Owensboro on Hwy. 56

Register by mailing in this brochure.

Or you can register online:

ursulinesmsj.org/help-the-sisters/5k

For more information, contact Dan Heckel

270-229-4103 ext. 279 or

dan.heckel@maplemount.org

Get Moving at the Mount!

5K Run/Walk

Saturday

May 30, 2015



Registration begins at 7:15 a.m.

Race begins at 8 a.m.

Join the Fun!



The official
5K of the
Daviess County
Bicentennial



Ursuline Sisters
of Mount Saint Joseph

8001 Cummings Road
Maple Mount, Kentucky 42356-9999

REGISTRATION FORM:

Last Name

First Name

Middle Initial

Address

City

State

Zip Code

()

Phone Number

Email Address (for registration purposes)

/ /

Birthdate

Age on Race Day

T-Shirt Size (1 per runner): ADULT ☐ Small ☐ Medium ☐ Large ☐ XL ☐ XXL
CHILD ☐ Small ☐ Medium ☐ Large *T-shirt is guaranteed only if you register by May 10

Gender: ☐ Male ☐ Female

Participation: ☐ Runner ☐ Walker

Don't forget to read and sign the race waiver (on the back). The signed race waiver must be included with your entry form. Separate entry forms and waivers must be completed for each participant.

Entry fee: ☐ \$20 per person (Must be postmarked by May 1, 2015)

☐ \$25 per person (after May 1, 2015)

Children 6 and under are free, or they can register if they want a T-shirt.

Are you running/walking in honor or in memory of a Sister?

☐ \$10 to honor or remember a sister

You will receive an armband with the sister's name on it to wear during the race.

Name of Sister

☐ \$_____ Here is my extra donation to help the sisters, even if I cannot participate in the 5K.

Total \$_____

Entry fee payable to: **Ursuline Sisters of MSJ** (Memo line: 5K)

Method of Payment: ☐ Check ☐ Cash ☐ Visa ☐ MasterCard

Credit Card # _____

Expiration Date _____

Signature for credit card: _____

Mail entry form and signed waiver to:

Ursuline Sisters of Mount Saint Joseph

Get Moving at the Mount 5K

8001 Cummings Road, Maple Mount, KY 42356



- ☐ I would like to receive Ursulines Alive magazine (3x a year...it's free)
- ☐ I would like to receive a monthly email sent out by the sisters
- ☐ I would like to learn more about becoming a sister
- ☐ I would like to learn more about becoming an Ursuline Associate

Get Moving at the Mount 5K Run/Walk

Photograph/Video Release and Waiver

Photography and Video Release

Participants involved in any activities, including the “Get Moving at the Mount 5K Run/Walk” (hereinafter the “Race”), offered by St. Joseph’s Female Ursuline Academy, Inc. (aka and hereinafter Ursuline Sisters of Mount Saint Joseph) may be photographed or videotaped during event. I, the undersigned, hereby consent to the use of any of these photographs, video, or any accompanying audio recordings without compensation on the Ursuline Sisters of Mount Saint Joseph website or in any editorial, promotional, or advertising material produced or published by or on behalf of the Ursuline Sisters of Mount Saint Joseph. I understand that my image may be edited, copied, exhibited, published or distributed and waive the right to inspect or approve the finished product wherein my likeness appears. I further acknowledge that any video footage in which I appear may be uploaded to the Internet and viewable on websites including, but not limited to popular social media platforms such as Facebook, Twitter, LinkedIn or Youtube.

INITIALS: _____

Waiver and Release of Liability

I acknowledge that running a road race is a potentially hazardous activity. I acknowledge that I should not enter the “Get Moving at the Mount 5K Run/Walk” (hereinafter the “Race”) unless I am physically and medically able to do so and properly trained, and that I am solely responsible for determining my ability and fitness to do so. I further agree that it is always advisable to consult a physician before undertaking any physically demanding activity, especially if I am pregnant or disabled in any way, or if I have recently suffered an illness, injury, or impairment. I further agree to emergency medical care and transportation in order to obtain treatment in the event of injury to me as medical professionals may deem appropriate and I agree that I will be responsible for any costs associated with my medical care. I assume all risks associated with participating in the “Get Moving at the Mount 5K Run/Walk” (hereinafter the “Race”) in Maple Mount, Kentucky, including but not limited to injuries arising from slips, falls, any defects or conditions of the premises, the weather, including but not limited to cold, high heat and/or humidity, traffic, and the other participants in the Race, all such risks being known and appreciated by me. In consideration of your accepting my entry to participate in the Race, I do hereby for myself, my heirs, my executors and administrators, waive and forever release any and all rights and claims related to and/or arising out of my participation in the Race against all persons, entities and agencies involved with promoting the Race, including but not limited to the Ursuline Sisters of Mount Saint Joseph, the Diocese of Owensboro, the Archdiocese of Louisville, the Catholic Church, and all sponsors, volunteers and associates and their respective agents, successors, representatives and assigns from any and all claims in said event even though liability may arise out of negligence or gross negligence on the part of the persons named in this waiver. (hereinafter collectively the “Sponsor(s)”) I assume the risk of all bodily injuries, including death, resulting therefrom,

and personal injuries to me and damage to and loss of my property, including loss of use thereof and any other indirect or consequential damages, resulting directly or indirectly, wholly or in part, from my participation in the Race and while traveling to and from the Race. I further agree to indemnify, defend and hold the Sponsor(s) specifically named herein harmless from and against any and all claims, liabilities, losses, damages, costs, expenses (including attorney’s fees), judgments and penalties arising out of any of my acts or omissions to act. In the event that the participant is a person under 18 years of age, the undersigned parent or legal guardian of the participant agrees to indemnify, defend and hold harmless the Sponsor(s) named herein from and against all claims, liabilities, losses, damages, costs, expenses (including attorney’s fees), judgments, and penalties arising out of the participant’s participation in the Race. I understand and agree that all entry fees are nonrefundable and nontransferable. Further, I acknowledge and agree that the Sponsor(s), in their sole discretion, may delay or cancel the Race if they believe that the conditions on race day are unsafe. In the event that the Race is delayed or cancelled for any reason, including, but not limited to: fire, threatened or actual strike, protest, labor difficulty, work stoppage, insurrection, war, public disaster, flood, unavoidable casualty, acts of God or the elements (including without limitation, rain, snow, ice, hail, high winds, thunderstorm, lightening, tornado, earthquake), or any other cause beyond the control of the Sponsor(s), there shall be no refund of the entry fee or any other costs of the entrant in connection with the Race.

I agree that in the case of legal action that the sole and exclusive jurisdiction is in Daviess County, Kentucky and that only the substantive laws of the Commonwealth of Kentucky shall apply. I further agree that if any provision of this waiver is held to be unenforceable in a judicial proceeding then that provision shall be severed from the agreement, and that the remainder of this waiver shall remain operative and binding on the parties. BY INDICATING YOUR ACCEPTANCE OF THIS WAIVER, YOU ARE AFFIRMING THAT YOU HAVE READ AND UNDERSTAND THIS WAIVER AND FULLY UNDERSTAND ITS TERMS. YOU UNDERSTAND THAT YOU ARE GIVING UP SUBSTANTIAL RIGHTS, INCLUDING THE RIGHT TO SUE. YOU ACKNOWLEDGE THAT YOU ARE SIGNING THE AGREEMENT AND WAIVER FREELY AND VOLUNTARILY, AND INTEND BY YOUR ACCEPTANCE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

You must be over 18 years of age OR the parent/legal guardian of a minor under 18 years of age OR the legal guardian of an incapacitated and/or mentally challenged person in order to sign this Waiver.

SIGNATURE OF PARTICIPANT:

_____Date_____

Print Name _____

SIGNATURE OF PARENT/LEGAL GUARDIAN IF CHILD IS UNDER 18:

_____Date_____

Print Minor’s Name _____

FAQ:



What is the “Get Moving at the Mount 5K”?

This is a “fun run” put on by the Ursuline Sisters of Mount Saint Joseph and is an event the whole family can participate in.



How far is a 5K?

A 5K (or 5 kilometers) is 3.1 miles.



Where will the 5K take place?

The Get Moving at the Mount 5K Run/Walk will take place at Mount Saint Joseph in Maple Mount, Kentucky (12 miles west of Owensboro on Highway 56). The route will begin at the park (where the annual Mount Saint Joseph BBQ Picnic takes place) and will take you around the beautiful property of Mount Saint Joseph. To see a map of the route, visit our website:

ursulinesmsj.org/help-the-sisters/5k



Who will benefit from the 5K?

All proceeds will go to the mission of the Ursuline Sisters of Mount Saint Joseph. The Ursuline Sisters of Mount Saint Joseph are a vibrant group of women who minister to the needs of the communities in which they serve, in areas such as education, pastoral ministry, nursing, social justice and a variety of other arenas where they have been called by God. The Ursuline Sisters currently serve in nine states, Washington, D.C., and in Chile, South America. To learn more about the Ursuline Sisters and their ministries, visit www.ursulinesmsj.org



How will the Sisters be participating?

The sisters will be participating in many ways by walking, helping and cheering you on!



Do I have to be a runner to participate?

Absolutely not! The Get Moving at the Mount 5K is all about having fun with the family and the sisters. Runners, walkers, strollers, wheelchairs, children and adults are all welcome to participate. Runners will be allowed to go first with walkers following.



Can I bring my dog?

Dogs are allowed if on a leash. Dog walkers will follow the walkers at the starting line.



What happens if it rains?

If it rains the race will go on! However, if serious weather occurs we will postpone the race until it is safe to proceed.



Are there any age restrictions?

No! People of all ages are welcome to participate. If you are under 18, you will need a parent or guardian to sign a waiver before you can participate. If you are under 11, you will also need a responsible adult to participate with you. Children 6 and under do not have to be registered unless they want a T-shirt.



Will the race be timed? Will the winners receive anything?

The race will be chip timed by To The Finish.

Awards will be given to the winners in specified age categories.