



LITTLE SISTERS OF THE POOR

# LITTLE SISTERS OF THE POOR NUN RUN 5K RUN/WALK

SATURDAY, SEPTEMBER 12, 2015  
185 SALEM CHURCH ROAD, NEWARK, DE

**Make it a Habit!**

**www.NUNRUN5K.ORG**

NOTICE: NO BABY STROLLERS ARE ALLOWED IN THE RUN PORTION OF THIS EVENT. YOU MAY WALK WITH STROLLERS.

- Race Time:** 9:00 AM Start!      **Registration opens at 7:30 AM.**
- Location:** Little Sisters of the Poor/Jeanne Jugan Residence, 185 Salem Church Rd., Newark, DE 19713
- Entry Fee:** \$20 pre-registration (\$18 ea for group of 3 or more) until September 10. \$25 day of event.
- Benefits:** The needy Elderly at Jeanne Jugan Residence .
- Course:** USATF Certification #DE11009LMB - wheel measured, flat and fast.
- Amenities:** T-shirts guaranteed to all participants who are pre-registered by September 5.  
Refreshments, DJ music, door prizes, goodie bags & more!
- Awards:** Trophies to 1st Place Male and Female runners and walkers plus Male & Female "Masters" runners; medals to Top 3 runners in 5 year age groups, 13 under to 70+
- Entry Info:** See below or visit [www.NunRun.org](http://www.NunRun.org) for online registration.
- Contact:** Ray Christensen at 302-633-1482 or [ray@attractweb.com](mailto:ray@attractweb.com) or visit <http://www.NunRun5k.org>
- Mail Entry:** Little Sisters of the Poor, ATTN: Nun Run, 185 Salem Church Rd., Newark, DE 19713

Please make checks payable to Little Sisters of the Poor

Sleep In For the *Little Sisters of the Poor* Cause:  
\$25.00 Donation (includes t-shirt)

[Races2Run.com](http://Races2Run.com)



## NUN RUN 5K RUN/WALK

Bib # \_\_\_\_\_

PLEASE PRINT CLEARLY AND FILL OUT SEPARATE ENTRY FORM FOR EACH RACE PARTICIPANT

Name \_\_\_\_\_ Age (Race day) \_\_\_\_ Sex \_\_\_\_ Race entering Please check : 5K run \_\_\_\_ or 5K Walk \_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_ Zip \_\_\_\_\_ Day Phone \_\_\_\_\_

Email \_\_\_\_\_ Payment Method: check enclosed \_\_\_\_ [or card below] \$20 entry + \_\_\_\_ addl donation =

Master Card or Visa (Circle): Card # \_\_\_\_\_ Exp Date: \_\_\_\_\_ Total Amount \$ \_\_\_\_\_

If different than above, Name & Address on Card \_\_\_\_\_

T-Shirt Size: (circle) S M L XL How I heard about NunRun: \_\_\_\_ Past race \_\_\_\_ Web \_\_\_\_ Flyer \_\_\_\_ WJBR \_\_\_\_ Other: \_\_\_\_\_

**SIGNATURE & DATE INDICATES COMPLIANCE WITH ALL TERMS DESCRIBED ON THIS ENTRY FORM**

Signature of participant \_\_\_\_\_ Date \_\_\_\_\_

In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, executors, administrators, waive and release any and all rights I may have against the organization holding this event, its agents, representatives, successors, and assigns for any and all injuries suffered by me at said race.

NO REFUNDS - THE RACE DIRECTOR RESERVES THE RIGHT TO REJECT ANY ENTRY.