



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

**SATURDAY, SEPTEMBER 17, 2016**  
**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:** \$25 pre-registration (\$20 ea for group of 3 or more) until September 15. \$30 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 10.  
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)**



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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] \$25 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 \_\_\_ Parish \_\_\_ 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.