I.H.M. Nun Run "Sprint in the Spirit"
5K Run/Walk, Saturday, June 1, 2019
Registration

First Name: _____ **Last Name:** _____

Address: _____

Phone: _____ **Cell:** _____ **Email:** _____

Emergency Contact: _____ **Phone:** _____

PLEASE CIRCLE:

Registration Type: $30 Individual, $15 Child (14 years old and younger), $15 Religious Sister
$60 Group/Family of 4 (includes 4 t-shirts), $75 Group/Family of 5 (includes 5 t-shirts)
(Please, list other names on back of form.)

Payment: Cash Check (Payable to **Sisters of IHM**) Credit Card (See: **http://www.ihmnunrun.org**)

Performance T-Shirt size: S M L XL XXL

(Please list other registrant names and sizes on the back.)

Event: Male Walk Male Run Female Walk Female Run

(For multiple registrants, please indicate on the back which members are in each specific group.)

Age Bracket: Under 18 Over 18

5K RUN/WALK INFORMATION:

Where: Villa Maria House of Studies, 1 Our Lady Circle, Immaculata, PA 19355
(Across the street from Immaculata University)

When: June 1, 2019, 8:30 am - 12:00 noon (**Race begins at 8:30.**)
Mass available at 6:30am at VMHS

Deadlines: **May 3, 2019 – LAST DAY TO REGISTER!** Register early to be assured a t-shirt.
No Race Day Registrations accepted.
Mail-in registrations available. Email us at ihmnunrun@gmail.com for the form.

Please send completed registration form and fee to:
IHM Nun Run
Attn.: Sr. Melissa Marie, IHM
101 N Spring Street
Falls Church, VA 22046

Proceeds benefit the Camilla Hall: Camilla Hall is the convent home for the aged and infirmed Sisters, Servants of the Immaculate Heart of Mary of Immaculata, PA.

For more information: Sister Melissa Marie, IHM * ihmnunrun@gmail.com * 215-882-3819
Or visit us at: **www.ihmnunrun.org**