I.H.M. Nun Run "Sprint in the Spirit"
5K Run/ 3K Walk, Saturday, June 3, 2023 – **Live** onsite **or Virtual** where you live!
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 Credit Card
*(Payable to **Sisters of IHM**)* *(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/ 3K WALK INFORMATION:

Where – in person: Camilla Hall, 100 Maxis Drive, Malvern, PA 19355
(Adjacent to Immaculata University)
- **virtual option** *Your choice! Send us a picture!*

When: June 3, 2023, 8:30 am - 12:00 noon (**Race begins at 8:30.**)
Mass available at 6:30am, outdoors at Camilla Hall

Deadlines: **May 21, 2022 – LAST DAY TO REGISTER!** Register by May 2nd to be assured a t-shirt.
No Race Day Registrations accepted.

Please send completed registration form and fee to: IHM Nun Run
Attn.: Sr. Jeannine Norton, IHM
230 IHM Drive, Malvern, PA 19355

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**