



I.H.M. Nun Run "Sprint in the Spirit"
5K Run/Walk, Saturday, June 1, 2024 – Live onsite or Virtual where you live!



Registration

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

Address: _____

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

Emergency Contact: _____ **Phone:** _____

PLEASE CIRCLE:

Registration Type: \$35 Individual, \$15 Child (14 years old and younger), \$20 Religious Sister
\$80 Group/Family of 4 (includes 4 t-shirts), \$110 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 Youth 13 – 17 years old Youth 12 and under

5K RUN/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 1, 2024, 8:30 am - 12:00 noon (**Race begins at 8:30.**)
Mass available at 7:00 at Camilla Hall

Deadlines: **May 24, 2024 – LAST DAY TO REGISTER!** Register by May 10th to be assured of 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

EARLY BIRD Special!
Register between April 1-15
\$5 off Individual Fee
\$10 off Family Fee