

GET INTO THE HABIT....RUN!

Celebrating 75 Years in our community! Come Join us



Lourdes Catholic School

1st Annual 5K Nun Run/Walk

Saturday, September 5, 2009 • Start time 7:30 am

Race starts and finishes at Lourdes Catholic School located at 555 E. Patagonia Hwy.

1st annual nun-run.



Entry Fees:

\$15.00 early-bird before Aug. 15

\$20.00 Pre-registration up to Aug. 31

\$25.00 Race Day

All registration forms must be accompanied by the entry fee.

ENTRY FORM

Name: _____ Run _____ Walk _____

Address: _____ Phone: _____

T-Shirt Size: S _____ M _____ L _____ XL _____ Female _____ Male _____

Age on race day: _____



Important Notice:

I know that running a race is a potentially hazardous activity I should not enter to run unless I am medically able and have properly trained. I assume all risks associated with participating in this event including but not limited to: falls, contact with other participants, effects of weather including high heat or cold, traffic and the conditions of the road, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of our accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Lourdes Catholic School and its officers, directors, employees, race volunteers and sponsors from all claims or liabilities of any kind arising from my participation in this event.

Signature of Participant

Signature of Parent or Guardian if under 18

Date

Mail Form and payment to: Lourdes Catholic School Nun Run*555 E. Patagonia Hwy. * Nogales, AZ 85621 * For more information contact Lou Jeong at (520) 377-5676 or email development@lcsnogales.org