



Franciscan Monastery of St. Clare
Presents the Ninth Annual

RUN FOR THE NUNS

Benefitting the Poor Clares of Cincinnati
Certified 5K Run & Fitness Walk (3.1 Miles)
*** **Location: Harbor Point** ***

Saturday, October 6, 2012
Winton Woods Park



Pet Lovers: Bring your pets for a special walk in Winton Woods Park and a St. Francis Pet Blessing at 8:30 a.m.

OFFICIAL ENTRY – RUN FOR THE NUNS

October 6, 2012 – 9:00 AM

__ \$20 Pre-Registration (includes T-shirt-circle size) Youth size: L Adult sizes: S M L XL
__ \$10 Pre-Registration (race only) Sex: M / F Age on RaceDay: _____

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
e-mail: _____

5K Run

5K Fitness Walk

Enclosed is my additional pledge of \$ _____ to benefit the Poor Clare's of Cincinnati

Make check payable to:
Monastery of St. Clare

Mail Entry to:
Steve Prescott
P.O. Box 454
Mason, OH 45040

Pre-Registration Deadline:
Friday, September 28, 2012 (on-line 10/03/12)

Waiver: In consideration of the acceptance of my entry, I hereby waive on behalf of my heirs, executors, and assigns, all claims of any nature arising from my participation in the Run For The Nuns, and do hereby release Steve Prescott, all sponsors, workers, officials, and volunteers from any claim whatsoever arising from my participation in this event. I agree to abide by all the rules of participation and acknowledge that the Race Committee may refuse or return my entry at its discretion. I understand the risks of such a run, and I have trained adequately in preparation for the run.

I HAVE NOTED ANY MEDICAL CONDITIONS ON THIS ENTRY FORM.

Entry Signature: _____ Date: _____

Parent's Signature (required if entrant is under 18): _____ Date: _____

In case of emergency contact: _____ Phone: _____

SPONSORED BY THE POOR CLARE NUNS OF CINCINNATI

The Event:

RUN FOR THE NUNS

Saturday, October 6, 2012 – Certified 5K run & 5K walk
Run starts at 9:00AM and Walk starts at 9:01AM
WINTON WOODS PARK

PET LOVERS. . . bring your pets for a special walk in the park and a St. Francis Pet Blessing at 8:30AM

Pre-Registration: \$20 (includes short sleeve *RUN* T-shirt); or \$10 for the race (no *RUN* shirt).

Race Day Registration: \$25 to register for the race on race day (includes *RUN* T-shirt while supplies last); or \$15 to register for the race on race day (no *RUN* T-shirt).

Entry Deadline: All entries must be postmarked by Friday, September 28, 2012. Otherwise, you may register on race day, beginning at 7:30AM until race time.

Race Divisions: Men and Women 14 & under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 50-54; 55-59; 60-69; 70 & older.

Fitness Walkers: 29 & under; 30-39; 40-49; 50-59; 60 & older.

The Cause: *The Franciscan Monastery in Cincinnati was founded in 1990 for the purpose of continuing the vision of St. Clare of Assisi of being a powerful contemplative presence for the needs of all people. The Monastery is not only a home for the nuns but also serves the larger Cincinnati community as a place for prayer, worship, solitude, and the enjoyment of nature.*

Directions: 4 miles south of 275 on Winton Road to Winton Woods Park. Turn left, go beyond the guard house to the Harbor Point parking lot.

Information: Contact Steve Prescott at 513-777-1080 or register on-line at sprunning.com.

Awards: Top finishers in men's & women's runner and fitness walker divisions, plus participation awards for all athletes.

Awards to top 15% in each division based on pre-registration.

Hamilton County Park Permit Required
(day or annual permit available)

ALL WHO REGISTER ARE ELIGIBLE FOR DOOR PRIZES

Winton Woods

