

Villa Maria-thon

5-K Run & 2-mile Walk



Saturday, June 1, 2013, 9:00 am
Registration opens at 7:30 am
(rain or shine)

Find current program info at...

www.vmesc.org

Villa Maria Education and Spirituality Center
2067 Evergreen Road
Villa Maria, PA 16155
724-964-8886

dstiger@humilityofmary.org

GPS Address: 2067 Evergreen Rd.,
Pulaski, PA 16143

Costs and Benefits

5-K Run: \$15 if by May 15, \$20 after May 15
2 Mile Walk: \$10 if by May 15, \$15 after May 15
50 Yard Dash: Free (no T-shirt or free refreshments)
Prizes for runners in all age groups and overall
T-shirts & refreshments
for registrations paid before May 15
(T-shirts and refreshments not guaranteed
for post May 15 registrations, but we will try to provide.)

Support the charitable work of

Villa Maria Education & Spirituality Center:

- Summer Camps for Children from Low-Income Families
- Service Programs partnering with Habitat for Humanity, The Rescue Mission and St. Vincent DePaul Soup Kitchen
- Youth Retreats and Educational Programs
- Adult and Family Retreats and Programs

Your participation also supports:

- Villa Maria Farm, which donates half of its organic produce to feed the hungry
- The Villa Shoppe, a Fair Trade Ministry of the Sisters of the Humility of Mary supporting small business cooperatives

EXTRAS!

50/50 Raffle

Food/Beverages provided for runners/walkers
Farm Greenhouse garden plants & flowers for sale
Villa Shoppe Fair Trade Goods for sale
Drum Circle

**Check our website for updated information,
downloadable registration form and on line
pre-registration at www.vmesc.org
(select "Adults" then click "Villa Maria-thon"
on our program listing)**

AGE GROUPS:

- A. 6-10
- B. 11-15
- C. 16-19
- D. 20-29
- E. 30-39
- F. 40-49
- G. 50-59
- H. 60+

Name:

Age Group Letter:

Sex:(M/F)

(see above)

Address:

City:

State:

Zip Code:

Phone:

E-Mail

Event:(select one)

5-K Run

2 Mile Trail Walk

50 Yard Children's Race

T-Shirt:(select one)

Adult Small

Adult Medium

Adult Large

Adult XLarge

Child Small

Child Medium

Child Large

WAIVER (MUST BE SIGNED) In consideration of the acceptance of my entry, I, for myself, my executors, administrators, and assignees, do release, discharge, and hold harmless Villa Maria Education & Spirituality Center and its officers, directors, volunteers, staff, and sponsors, from any and all claims, damages, demands, or causes of action whatsoever in any manner directly or indirectly arising out of or related to my participation in said athletic event; I am physically fit and have sufficiently trained to participate in this event. By signing below I give permission without compensation to use my likeness in photographs and/or videos for purposes of promoting Villa Maria Education & Spirituality Center. I agree to abide by all the rules of participation and acknowledge that the race committee may refuse or return any entry at its discretion.

Signature: _____

(A parent or legal guardian must sign for all participants under the age of 18)

Date: _____