

# Villa Maria-thon 5-K Run & 2-mile Walk

**Saturday, June 6, 2020, 9:00 a.m.**  
**Registration opens at 7:30 a.m.**  
*(Rain or Shine)*

Find updated information at...

[www.vmesec.org](http://www.vmesec.org)

Villa Maria, 2067 Evergreen Rd,  
 Villa Maria, PA 16155  
 724-964-8886

[dstiger@humilityofmary.org](mailto:dstiger@humilityofmary.org)

If using a GPS, enter  
 2067 Evergreen Rd.,  
 Pulaski, PA 16143

## EXTRAS!

**50/50 Raffle**  
**Basket Raffle**  
**Food/Beverages Provided for**  
**Runners/Walkers**  
**Farm Greenhouse Garden Plants**  
**& Flowers for Sale**  
**Villa Shoppe Fair Trade Goods for Sale**  
**Drum Circle**

**Check Website for**  
**Updated Information**

[www.vmesec.org](http://www.vmesec.org)



Villa Maria Education and Spirituality Center

### AGE GROUPS:

- 14 and under
- 15-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60 and over

### Costs and Benefits

**5-K Run:** \$15 if paid by **May 20**, \$20 after **May 20**

**2 Mile Walk:** \$10 if paid by **May 20**, \$15 after **May 20**

- 1st-3rd place awards for male and female runners in all age groups and overall
- T-shirts and refreshments for registrations paid by **May 20** (T-shirts and refreshments not guaranteed for post **May 20** registrations, but we'll try to provide)
- 6 Basket Raffle Tickets (Runners & Walkers)

**50 Yard Dash:** Free (Participants may order a T-shirt for \$5.00 by **May 20**)

### Support the charitable work of Villa Maria Education & Spirituality Center:

- Summer Camps for Children from Low-Income Families
- Service Programs partnering with local service organizations
- 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

Bib # \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex (circle one): **M** **F** State: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Check one: 5-K Run \_\_\_\_\_ 2 Mile Walk \_\_\_\_\_ 50 Yard Children's Race \_\_\_\_\_

T-shirt: Adult Small \_\_\_\_\_ Med \_\_\_\_\_ Lg \_\_\_\_\_ XLg \_\_\_\_\_ <sup>(\$5.00)</sup> Child Small \_\_\_\_\_ Med \_\_\_\_\_ Lg \_\_\_\_\_

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: \_\_\_\_\_ Date: \_\_\_\_\_

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

Make check payable to VMESC. Mail form and payment to: Villa Maria-thon, PO Box 424, Villa Maria, PA 16155

You may also download this printable form or pre-register on line at [www.vmesec.org](http://www.vmesec.org).