

## Special K Sponsorships

( )\$ \_\_\_\_\_ Timer Sponsor

( )\$ \_\_\_\_\_ T-Shirt Sponsor

Contact name \_\_\_\_\_

Address \_\_\_\_\_

E-Mail: \_\_\_\_\_

Daytime phone \_\_\_\_\_

Check enclosed in the amount of  
\$ \_\_\_\_\_ payable to  
Notre Dame High School.

### WAIVER (must be signed)

I, for myself and anyone entitled to act in my behalf, waive and release Notre Dame High School, the town of Southport, the City of Elmira, any race officials or volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I agree to withdraw from this event if so instructed by a race official. I grant the race organizers the free use of my name, and any photos or videos of me for any use they see fit. I acknowledge that my entry fee is non-refundable, including if the race is cancelled because of an act of nature.

*Signatures: (all entrants must sign waiver)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Prizes & Age Categories

Overall top 3 winners in 8K & 3K

### 8K

1st place in each age group

### 3K

1st, 2nd & 3rd place for age  
groups up to 19 years old  
1st Place for all other age groups

### Age Groups

#### 13 Years and under

14-15

16-17

18-19

20-25

26-35

36-45

46-55

56-65

#### 66 and older

### A special thank you to the Race Committee:

Dr. Kevin Coughlin & Dr. Mary Muse

Sister Mary Walter Hickey, RSM

Mr. Steve Hoover

Mr. Joseph & Mrs. Susan Underwood '75 LaVelle

Mrs. Christina Bruner Sonsire '94

## Run for the Nuns A Special "K" Race 8K & 3K



**Sunday, May 3, 2009**

**10:00 AM - 8K Start**

**11:00 AM - 3K Start**

400 meter "Fun Run" for kids 12 and  
under immediately before the  
awards ceremony.

**Notre Dame High School**

**1400 Maple Avenue**

**Elmira, NY 14904**

**(607) 734-2267 ext. 317**

**lavelles@notredamehighschool.com**

*Notre Dame High School is a ministry of the Sisters of Mercy.*

On Sunday, May 3, 2009, Notre Dame will host the first annual “Run for the Nuns - Special K Race” featuring an 8K and 3K race. The races begin at Notre Dame High School and run (or walk for the 3K) on both asphalt and cross-country. The 8K race will begin at 10:00am and the 3K will begin at 11:00am.

If you register *before* Friday, May 1st, the registration fee is \$20 per person or a family rate of \$5.00 per person after the initial \$20 fee. If you register after May 1st, the fee is \$25 per person with a family rate of \$5.00 per person after the initial \$25 fee. Entrance fee includes a t-shirt, refreshments and prizes for several different age groups. This is a rain or shine event and promises a variety of new ideas that no other races in the area offers.

There will also be a chicken barbecue (eat-in or take-out) to purchase sponsored by the Class of 2009 Graduation Celebration Committee.

For more information, please contact Sue LaVelle in the Advancement Office. Information about the course will soon be available on the ND website at [www.notredamehighschool.com](http://www.notredamehighschool.com).

**Saturday, May 3, 2009**

10:00 AM - 8K Start

11:00 AM - 3K Start

Notre Dame High School

1400 Maple Avenue

Elmira, NY 14904

(607) 734-2267 ext. 317

[lavelles@notredamehighschool.com](mailto:lavelles@notredamehighschool.com)

2009 Run for the Nuns Registration (Please circle the race(s) you are participating in).

Name \_\_\_\_\_ 3K or 8K Age \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ E-Mail \_\_\_\_\_

Name \_\_\_\_\_ 3K or 8K Age \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ E-Mail \_\_\_\_\_

Name \_\_\_\_\_ 3K or 8K Age \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ E-Mail \_\_\_\_\_

Name \_\_\_\_\_ 3K or 8K Age \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ E-Mail \_\_\_\_\_

*Please complete filling out the Registration Form on both sides, and return along with your payment (made out to Notre Dame High School) and mail to Notre Dame High School, Attn: Sue La Velle, 1400 Maple Avenue, Elmira, NY 14904. Please be sure everyone signs the waiver on the other side.*