

# BE A SHADOW RUNNER

PARTICIPATE BY RUNNING WHEREVER YOU ARE AND WHENEVER YOU CAN



## NUN RUN

10K, 5K Run/Walk & 1 Mile Walk

**OFFICIAL RACE DATE:**

**Saturday, March 10, 2012**

But you can participate anytime, anywhere!

All you have to do is register to receive a Nun Run t-shirt. Don't be shy - ask your friends and family to join you! Get a group of shadow runners together and run wherever you are.

Become a Nun Run Fundraiser by asking people to sponsor your miles for our cause!

*All proceeds from the Nun Run benefit the Poor Clares of Perpetual Adoration as they build a cloistered Monastery and place of retreat in the beautiful Arizona desert!*

### REGISTRATION:

cost includes race t-shirt, bib number & postage

\$25 until Feb. 25th

\$30 from Feb. 26th - March 9th

\$35 - any time after March 9th

please note: You must register by Feb. 23rd to ensure the arrival of your t-shirt by March 10th. All registrations received after Feb. 23rd will be mailed the week of March 20th.

**Register online at:  
[www.desertnuns.com](http://www.desertnuns.com)**



For more information, to register, to donate, or download additional flyers, please visit our website:  
[www.desertnuns.com](http://www.desertnuns.com)

Or contact Sr. John-Mark Maria via email: [nunrun@desertnuns.com](mailto:nunrun@desertnuns.com)  
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