

RECOGNITION

First, second and third place individual male and female in each 5K division: 12 and under, 13-18 19-29, 30-39, 40-49, 50-59, 60-69, over 70.

This is a charitable fundraising event. **ALL** proceeds will benefit University of Maryland Center for Diabetes and Endocrinology-Midtown (UMCDE).

Interested in donating prizes, refreshments, other supplies or volunteering for the event?

Contact Jackie Jones, 301-526-9435,
Jackie1character@aol.com

THANK YOU

UMCDE-Midtown and St. Mark's United Methodist Church extend our sincere thanks to all participants, volunteers, sponsors and church family for their participation in our Second Annual Emancipation Day 5K Run/ Walk, 1 Mile Fun Walk.

CHECK US OUT ONLINE

Online registration:

www.stmarksmd.org/5KRun-Walk4Diabetes
www.facebook.com/StMarksLaurelMD

FIFTH ANNUAL EMANCIPATION DAY 5K RUN/WALK 1 MILE FUN WALK

To benefit
UNIVERSITY OF MARYLAND
CENTER FOR DIABETES
AND ENDOCRINOLOGY-
MIDTOWN

Course Route USATF Certified



Certified Timing



SATURDAY, SEPTEMBER 2, 2017
8:00 A.M.



The University of Maryland Center for Diabetes and Endocrinology-Midtown serves children and adults with diabetes in Baltimore city, the surrounding counties and the region. We offer the highest quality of care and service to assist people with diabetes in managing the disease and preventing complications. Annually, the Center for Diabetes and Endocrinology sees over 3,000 patients, including those with Type 1, Type 2, or gestational diabetes.

REGISTRATION FORM

**NO REFUNDS. NO pets allowed.
PRINT CLEARLY**

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____-_____

Email: _____

Date of Birth: _____

Month / Day / Year

Sex: Male Female

EMERGENCY CONTACT INFORMATION:

Name: _____

Phone: (____) _____-_____

Please check one:

5K Run 5K Walk Fun Walk

WAIVER AND RELEASE

In consideration of your accepting my entry, I, intend to be legally bound for myself, my heirs, executors, and administrators, do hereby release and discharge University of Maryland Center for Diabetes and Endocrinology-Midtown, St. Mark's United Methodist Church, and all other contributors from any and all liability arising from illness, injury, and damages that I may suffer as a resulting of my participating in this event. I also understand that any sponsors may use for publicity of the 5K Run/Walk (sponsored by St. Mark's United Methodist Church), my name and/or picture without any obligation or liability to me.

Signature (parent or guardian, if under 18):

Print Name: _____

Date: _____

REGISTRATION FEES

\$25 per participant (no cash)

**Mail registrations no later than
August 18, 2017**

Checks should be made payable to:
St. Mark's United Methodist Church

Mail registration to:
St. Mark's United Methodist Church
5K Run/Walk
601 Eighth Street
Laurel, Maryland 20707

ONLINE:

Active.com

www.stmarkslmd.org/5KRun-Walk4Diabetes

SATURDAY, SEPTEMBER 2, 2017

**6:30 A.M. —LATE REGISTRATION &
PACKET PICK-UP**

**STURGIS-MOORE RECREATION AREA
ALICE B. MCCULLOUGH FIELD**

7:40 A.M. — WARM-UP

8:00 A.M. — 5K RUN

8:05 A.M. — 5K WALK

1 MILE FUN WALK

Post-race festivities to include: race results, refreshments and prizes!

WHEN:

Saturday, September 2, 2017
8:00 a.m. (Rain or Shine)

WHERE:

STURGIS-MOORE RECREATION AREA

Eighth & Montgomery Streets
Laurel, Maryland 20707

DIRECTIONS:

From the South (Washington, DC area): Take I-95 north to Route 216 East (Exit 35A, towards Laurel), follow to Montgomery Street, make right, park located at corner of Eighth & Montgomery Streets.

From the North (Baltimore, MD area): Take I-95 south to the Route 216 East (Exit 35A, towards Laurel), follow to Montgomery Street, make right, park located at corner of Eighth & Montgomery Streets.

From the Annapolis, MD area: Take I-97 North, take the Route 32 West exit toward Columbia, take I-95 South to the Route 216 East (Exit 35A, towards Laurel), follow to Montgomery Street, make right, park located at corner of Eighth & Montgomery Streets.

From the Baltimore/Washington Parkway (295): Take Laurel exit (Route 198) continue to Eighth Street, make a right, park on left before you get to Montgomery Street.

**Parking: Side of Park,
Boys and Girls Club & Street**