

## 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](mailto: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](http://www.stmarksmd.org/5KRun-Walk4Diabetes)

[www.facebook.com/StMarksLaurelMD](http://www.facebook.com/StMarksLaurelMD)

## Course Route

USATF Certified



Certified Timing



## SIXTH ANNUAL EMANCIPATION DAY 5K RUN/WALK 1 MILE FUN WALK

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



**SATURDAY, SEPTEMBER 1, 2018**  
**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 19, 2018**

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](http://www.stmarkslmd.org/5KRun-Walk4Diabetes)

**SATURDAY, SEPTEMBER 1, 2018**

**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 1, 2018  
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**