## 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 (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 and **St. Mark's United Methodist Church** extend our sincere thanks to all participants, volunteers, sponsors and church family for their participation in our 1<sup>st</sup> Annual Emancipation Day 5K Walk/Run, 1 Mile Fun Walk.

# **CHECK US OUT ONLINE**

Online registration:

www.stmarkslmd.org www.facebook.com/StMarksLaurelMD How did you hear about our event?

# **SPONSORS NEEDED!**

Act now! For as little as \$100 you can spread the word about your business or group while supporting a local charity!

Interested in sponsoring our race?

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

# **Course Route**



# 1<sup>ST</sup> ANNUAL EMANCIPATION DAY 5K RUN/WALK 1 MILE FUN WALK

TO BENEFIT

# UNIVERSITY OF MARYLAND CENTER FOR DIABETES AND ENDOCRINOLOGY



SATURDAY, SEPTEMBER 7, 2013 8:00 A.M.



The University of Maryland Center for Diabetes and Endocrinology 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**

(Register online at: www.stmarkslmd.org)

NO REFUNDS. NO pets allowed. PRINT CLEARLY

Name:
Address:
City: State: Zip:
Phone: ()
Email:
Age Day of Race:
Sex: ☐ Male ☐ Female
EMERGENCY CONTACT INFORMATION:
Name:
Phone: ()
Please check one:
$\square$ 5K Walk $\square$ 5K Run
☐ 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, 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**

\$20 per participant (no cash)

Mail registrations no later than August 28, 2013

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

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

## SCHEDULE OF EVENTS

THURSDAY, SEPTEMBER 5, 2013 3:00 P.M. –8:00 P.M.

#### PRE-REGISTRATION/PACKET PICK-UP

Pre-registration and early packet pick-up are available at:

Partnership Activity Hall 811 Fifth Street Laurel, Maryland 20707

SATURDAY, SEPTEMBER 7, 2013
7:00 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 7, 2013 8:00 a.m. (Rain or Shine)

#### WHERE:

St. Mary's Place Eighth & Main Streets Laurel, Maryland 20707

## **DIRECTIONS:**

From the South (Washington, DC area): Take I-95 north to the Route 216 East exit 35A (towards Laurel). Follow to the 2<sup>nd</sup> traffic light, turn right on Main Street. Go to Eighth Street and turn left. Start area will be on right.

From the North (Baltimore, MD area): Take I-95 south to the Route 216 East exit 35A (towards Laurel). Follow to the 2<sup>nd</sup> traffic light, turn right on Main Street. Go to Eighth Street and turn left. Start area will be on right.

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 the 2<sup>nd</sup> traffic light, turn right on Main Street. Go to Eighth Street and turn left. Start area will be on right.

From the Baltimore/Washington Parkway (295): Take Laurel exit (Route 198) until you reach Route 1, turn right heading north on Route 1, make left on Main Street, go to Eighth Street and turn left. Start area will be on right.

Parking: Boys and Girls Club & Street