

12TH ANNUAL

MARIAN HOUSE 5K RACE

TO EMBRACE INDEPENDENCE

ABOUT MARIAN HOUSE

Operating in the Better Waverly neighborhood of Baltimore City since 1982, Marian House provides a holistic, healing community for women and their children who are in need of housing and support services. Marian House provides a safe, sober and loving environment that challenges women to respect and love themselves, confront emotional & social economic barriers and transition to stable, independent lives.

SUPPORT THE WOMEN AND CHILDREN OF MARIAN HOUSE BY

- Register your family to run or walk 1 mile or 5K
- Setting up a fundraising page
- Organizing a team
- Making a donation to support the Race to Embrace Independence
- Becoming a Race Sponsor. Find out more by calling **410-467-4246** or emailing advancement@marianhouse.org
- Volunteering during race week or on race day
- Share your photos or video to be part of the virtual race program

Visit www.marianhouse.org to learn about the many other ways to support the women and children who call Marian House home.

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“My most memorable moment in this race, and any other race I’ve ever participated in, is running past Marian House. Seeing the women of Marian House outside supporting the runners is an incredible experience!”

- Marian House 5K Participant

SUPPORT THE WOMEN AND CHILDREN OF MARIAN HOUSE



MEET PATRICIA

Patricia came to Marian House in the fall of 2019 after living under a bush in Chinquapin Park. “I slept on some cardboard, and had plastic to keep me dry. Nobody really noticed me. When you’re homeless, you’re invisible.” Patricia was college educated and working in sales, but a divorce and the loss of her father escalated her drinking. Five years living on the street made it hard to receive regular treatment for bipolar disorder and led to run-ins with law enforcement, including resisting arrest.

Today, approaching one year of sobriety, Patricia gives thanks for her newly transformed life. She is grateful to have her own space, to be living among a community of women that look out for one another and to have the support of a dedicated team of staff.

“The Intensive Outpatient Program and counseling services have helped me to see that staying sober is the key to being successful. The combination of medication management and talking through my fears have helped me overcome challenges, move forward and reconnect with my family”.

Patricia is preparing to launch into job training at Johns Hopkins and looks forward to having an apartment of her own where she can welcome her two daughters and their families to visit.

5K GOES A LONG WAY!

Your participation helps raise vital funds for housing, food, clothing, education, life skills, employability training, counseling, and other necessary support services for homeless women and their families.

Read more at MarianHouse.org/stories

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TO EMBRACE INDEPENDENCE



VIRTUAL 5K RUN • 5K WALK 1 MILE FAMILY FUN RUN

SATURDAY SEPTEMBER
19th- SUNDAY
SEPTEMBER 27th



marianhouse.org/5K
410-467-4246

REGISTRATION & FEES

- ☐ Adult Virtual (ages 12+) - \$35
- ☐ Youth Virtual (ages 6-12) - \$20
- ☐ Age <6 - Free
- ☐ **Sorry! Can't make it,** but I'd like to make a donation to Marian House.



YOUR INFORMATION

First Name:	
Last Name:	
Street Address:	
City:	
State:	ZIP Code:
Date of Birth:	Age on 9/26/2020:
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	
Phone:	
Email:	
Are you part of a team? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Team Name:	
How did you hear about our race?	

All sections must be completed in full. One participant registration per form.

**TO REGISTER FOR THIS EVENT PLEASE VISIT
MARIANHOUSE.ORG/5K**



**For registration questions please email the
Advancement Team at advancement@marianhouse.org**

**Don't forget your awesome Tech Shirt -
available to all paid registrants!**

Please note that women's shirts are athletic fit. **If you prefer a looser fit, consider selecting up a size.** Marian House cannot guarantee the size you select. Shirt style and color may vary.

Women's:	<input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/> XXXL
Men's:	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/> XXXL
Youth: (no shirt is included for Free registrations)	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L (shirts will be a cotton T-shirt)

- OR -

☐ Thank you, but I do not want a shirt.

RACE TERMS

Participants must read and sign to signify acceptance.

WAIVER AND RELEASE FROM LIABILITY
I understand that participating in the event can potentially be a hazardous activity presenting risk, including serious injury. In consideration of my participation in the event, I freely and knowingly accept and voluntarily assume any and all risk of personal injury or property damage that may result. I, and anyone entitled to act on my behalf, forever and completely waive, release, and agree to forego any and all claims and liabilities of any kind arising out of my participation in the event. I agree to release, indemnify, and hold harmless Marian House, corporate sponsors, cooperating organizations and all parties connected with this event from any damage, harm, or liability whatsoever as a result of my participation in the event. I will permit emergency treatment in the event of injury or illness while participating and give permission to use my name and photo taken of me during the event in any promotional material, publication, or on the Marian House website. I understand that Marian House reserves the right to dismiss from or prevent from participating in the event anyone that may cause any disturbance. I certify that I have read and understand the intent of this waiver and release.

Signature: _____ Date: _____

EVENT DETAILS

Log your 1 mile - 5K anytime Sat. September 19th through Sun. September 27th. Race by foot, bike, treadmill, pool, etc. all at one time or over the course of the week.

Prizes will be awarded for the largest race team, as well as top individual and team fundraisers. Performance awards will be given to the top three male and female 5K overall finishers and to the top three 5K finishers by age category.

If you would like to be eligible for performance awards, please plan to use a fitness app to track your time and miles. Screenshots of your fitness app should be sent to advancement@marianhouse.org by 9/30.

WAYS TO REGISTER

- 1. Fill out this form and return with payment to:**
Marian House
949 Gorsuch Ave
Baltimore, MD 21218
- 2. Register online at**
marianhouse.org/5K
- 3. Register at Marian House packet pick-up**
Thursday, September 17th, 4:00 -8:00 PM

**Advance registration is encouraged & helps
guarantee receipt of your bib & t-shirt ahead
of race week.**

**Enjoy 8 days of Virtual
Programming!**

Speakers. Music. Raffles. Fun for all ages!