

13TH 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 & socioeconomic barriers and transition to stable, independent lives.

SUPPORT THE WOMEN AND CHILDREN OF MARIAN HOUSE BY

- Registering 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
- Sharing your photos or video to be part of the virtual race program using #MHRace

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 TREVOR

Trevor came to Marian House in the summer of 2020 after spending time in two drug treatment programs in one year. She had tried to break free from her addiction for decades, but always fell back into the same patterns. She had heard good things about Marian House and chose to enter the program because she knew if she went home she would use drugs again.

“I was in recovery but didn’t truly start recovering until Marian House. This place is a blessing.” After gaining new tools to maintain her sobriety and improve her self-esteem, she now feels “born again”. During her time at Marian House Trevor built her confidence through individual and group therapy and by helping around the house in ways such as answering the phones and cooking meals. She has dedicated herself to studying for her GED and is overcoming the struggles she has with math that had originally caused her to drop of high school.

Trevor now works for a local nonprofit. She uses physical activity to manage stress and running has helped motivate her to stop smoking. Trevor remains close to her son, who is her biggest cheerleader, and is proud that for the first time she is in a position to help her elderly father. She aspires to one day open a transitional program for single fathers who have sole custody of their children.

5K GOES A LONG WAY!

Your participation helps raise vital funds for housing, food, clothing, education, life skills and employment training, counseling and other necessary support services for women and their children experiencing homelessness.

Read more at MarianHouse.org/stories

13TH ANNUAL
**MARIAN
HOUSE
5K RACE**
TO EMBRACE INDEPENDENCE



**HYBRID,
IN-PERSON OR VIRTUAL
5K • 1 MILE**

**SATURDAY
SEPTEMBER 18,
2021**



marianhouse.org/5K
410-467-4246

REGISTRATION & FEES

- Adult In-person 5K - \$35**
\$40 in September
\$45 on Race Day
- Adult In-person 1 Mile - \$35**
\$40 in September
\$45 on Race Day
- Adult Virtual - \$35**
- Youth Age 6-12 In-person 5K - \$20**
- Youth Age 6-12 In-person 1 Mile - \$20**
- Youth Age 6-12 Virtual - \$20**
- Age 0-5 In-person 5K - Free**
- Age 0-5 In-person 1 Mile - Free**
- Age 0-5 Virtual - Free**

YOUR INFORMATION

First Name:	
Last Name:	
Street Address:	
City:	
State:	ZIP Code:
Date of Birth:	Age on 9/18/2021:
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 shirts are athletic fit.
If you prefer a looser fit, consider selecting up a size.

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: <small>(no shirt is included for Free registrations)</small>	<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

You can choose to join us at Lake Montebello on Saturday, September 18th to race our 5K route past Marian House headquarters or the 1 Mile Family Fun Run loop.

Want to race virtually? Run, walk, bike, swim or hike to meet your personal goal, Saturday, September 11th-18th.

Paid in-person and virtual racers will receive a race t-shirt, bib and a chance to win a race time awards.

Individual fundraisers are eligible to receive race rewards. Both our top individual and team fundraisers will receive an award, along with the largest team.

Fundraising will continue until the weekend after the race, though Sunday, September 26th.

WAYS TO REGISTER

1. Fill out this form and return with payment to:

Marian House
949 Gorsuch Ave
Baltimore, MD 21218

Registrations must be postmarked by Aug. 31st, 2021 to be guaranteed participation in the race.
No faxing please.

2. Register online at marianhouse.org/5K through September 13th

3. Register at one of our packet pick-ups

Thursday, September 16th & Friday,
September 17th. Times & locations TBD.

4. Register at the race.

**ADVANCE REGISTRATION IS ENCOURAGED.
PAID VIRTUAL RACERS WILL RECEIVE
THEIR BIB & T-SHIRT BY MAIL.**



A HYBRID RACE GIVES YOU OPTIONS!