



## Glen Mar Family 5K and 1-Mile Walk

### Saturday, September 30, 2017

### Start time 9:00 am

#### STARTING LOCATION

Glen Mar United Methodist Church  
4701 New Cut Road, Ellicott City  
(at intersection of New Cut Road and Montgomery Road)

This event will benefit the Howard County Food Bank. Participants are encouraged to bring non-perishable food items to the event for the Howard County Food Bank.

Celebrate the hills of Ellicott City by participating in the 5K or enjoy a leisurely pace by strolling the 1-Mile Walk.

- Registration fee for 5K or 1-Mile Walk:  
\$25 per adult (18 and older) and \$15 for youth (under 18) on or before September 25  
\$30 per adult (18 and older) and \$20 for youth (under 18) after September 25
- Event t-shirt guaranteed with registration by September 25
- Online registration will close on September 26 at 10 pm

To register or for more information visit [www.glenmarumc.org/gmcevents/5K](http://www.glenmarumc.org/gmcevents/5K). All registrants will enjoy refreshments after finishing the course and will be eligible for random prizes at the end of the event, but they must be present to win.

#### 5K REGISTRANTS

- Will be timed individually
- Can participate individually or with a team of three or more people - times of top three team participants will count as the team's total time

#### 1-MILE WALK REGISTRANTS

- Walk a leisurely pace if you want because the course is not timed

#### PACKET PICK-UP AND REGISTRATION FOR THOSE WHO HAVE NOT REGISTERED ONLINE:

Road Runner Sports (Gateway Overlook) on Thursday, September 28 from 5:00 pm to 8:00 pm  
6630-C Marie Curie Drive, Elkridge, MD 21075 (410) 290-2906

*\* Road Runner Sports will offer all event participants \$10 off a minimum \$30 purchase or 25% off everything for joining its VIP Family during this packet pick-up*

Registration is also available at Glen Mar Church on the day of the event from 7:30 am to 8:30 am  
4701 New Cut Road, Ellicott City, MD 21043

# 2017