

9TH ANNUAL MYOSITIS 5K



CHIP TIMING – over USATF CERTIFIED COURSE

Saturday, October 13th, 2018

Centennial Park, 10000 Route 108, Ellicott City, MD.

Please Help: Myositis is a rare, life-altering autoimmune disease that can cause muscle damage, pain, fatigue, weakness, and death. For many who suffer from the illness, it is a challenge to stand up, get out of bed, walk, or to perform other simple day-to-day activities. Some forms of the disease may also damage the skin and attack major organs of the body. For More Information contact: Bitsy Anderson at terrybitsy@verizon.net or 410-987-8407.



All Proceeds go to the Johns Hopkins Myositis Center and The Myositis Association – for research to find a cure for this rare disease.



8:00 Registration and Packet Pick-up
8:45 Welcome and Warm Up Activity
9:00 5K Run followed by walkers and “rollers”
1000 Awards Ceremony
1100 Activities finish

Registration Fees:

Adults \$35.00 (Race Day \$40)
10 & Under \$15.00

(Register by Oct 2nd to insure T-shirt size)

Register or Donate on-line:

<http://getmeregistered.com/Myositis5K> or scan the QR code.



Also available: Free massage therapy demos, silent auction, specialty information tables, Instructor-led warm up exercises, 50/50 drawing., and **Food** from **Bertucci's Italian Restaurant**.

