

BE  
**Strong**  
AND COURAGEOUS  
2024 WALK & RUN FOR LIFE



 Wellspring Life Ministry



2024  
WALK AND 5K RUN  
FOR LIFE

5K Trail Run ~ Life Walk ~ Kids Races

SATURDAY 9/21/24

Mid-Atlantic Community Church  
2485 Davidsonville Rd,  
Gambrills, MD

BE STRONG  
BE COURAGEOUS  
STAND FOR LIFE!

Join us as we raise funds to  
provide life-affirming care and  
support to women in our  
community, empowering them to  
CHOOSE LIFE  
for their families!

WALKANDRUN.ORG



## SCHEDULE OF EVENTS

- 8:00AM ONSITE REGISTRATION AND CHECK-IN OPENS
- 9:00AM TIMED 5K TRAIL RUN STARTS
- 9:45AM LIFE WALK
- 10:30AM TODDLER TROT, PRESCHOOL GALLOP, & KIDS DASH!
- 11:00AM AWARDS CEREMONY

## REGISTER ONLINE

IT'S FUN AND EASY TO MEET YOUR FUNDRAISING GOALS AND MAKE A DIFFERENCE FOR LIFE! SIMPLY GO TO [WALKANDRUN.ORG](http://WALKANDRUN.ORG) AND CUSTOMIZE YOUR PERSONAL FUNDRAISING PAGE AND SHARE WITH FAMILY AND FRIENDS!

## PRIZES

- TROPHIES FOR THE TOP 3 FUNDRAISING TEAMS, SO GET YOUR TEAM TOGETHER NOW AND START FUNDRAISING!
- MEDALS FOR TOP THREE RUNNERS IN EACH AGE GROUP
- MEDALS FOR WINNERS OF THE KIDS RACES

## LIFE WALK - NO ENTRY FEE

IF YOU ARE PARTICIPATING IN THE WALK, REGISTER ONLINE, ASK FAMILY AND FRIENDS TO SUPPORT YOUR EFFORTS, AND SAVE LIVES WITH EVERY STEP! PARTICIPANTS WHO RAISE \$150 IN SPONSORSHIPS BY SEPT 1ST EARN A FREE COMMEMORATIVE WALK AND RUN FOR LIFE SHIRT.

## TIMED 5K TRAIL RUN - \$45 ENTRY FEE\*

REGISTERED RUNNERS WILL RECEIVE A WALK AND RUN FOR LIFE COMMEMORATIVE SHIRT. SHIRTS ARE GUARANTEED ONLY TO THOSE WHO REGISTER BY SEPT 1ST.

\* WALK-UP 5K TRAIL RUN FEE ON SEPT.21 IS \$55.

## CAN'T JOIN US AT THE EVENT?

"WALK WHERE YOU ARE" AS A VIRTUAL WALKER, EITHER ON YOUR OWN OR AS PART OF A TEAM. YOU CAN STILL RAISE SUPPORT ONLINE USING YOUR FUNDRAISING PAGE, EARN A WALK AND RUN SHIRT, AND MAKE A DIFFERENCE FOR LIFE.

## SAVING LIVES WITH EVERY STEP!

ALL FUNDS RAISED THROUGH THE WALK & RUN FOR LIFE HELP EQUIP WOMEN AND MEN IN OUR COMMUNITY TO MAKE HEALTHY, LIFE-AFFIRMING CHOICES. WE OFFER OPTIONS COUNSELING, 3D/4D ULTRASOUND, ABORTION PILL REVERSAL, EDUCATIONAL CLASSES, RESOURCE REFERRALS, AND THE TRUTH OF THE GOSPEL, THANKS TO THE SUPPORT OF PARTNERS LIKE YOU.

[WALKANDRUN.ORG](http://WALKANDRUN.ORG)