



# MILES FOR MIDWIVES

## ~ APRIL 26, 2015 ~

**Monocacy Village Park, Frederick, MD** *(rain or shine)*  
5K Run and Walk: 10:00am // 1 Mile Walk: 10:15am

### ***5K Run/Walk: Register early and save!***

Jan 1- Mar 31: \$20 // Apr 1 - Apr 25: \$25

Day of Race registration: \$30 (open 9:00-9:40am)

1 Mile Family Stroll: \$20 (now thru April 26)

### ***Share your support for Maryland midwives!***

Don your "rally-wear" for the 1 Mile Family Stroll or demonstrate your team spirit with a family costume! (Prizes will be awarded.)

### ***Party with us at the Finish Line!***

Finishing prizes awarded, raffle prizes announced, scrumptious snacks, hydration and The Dapper DJs will finish our event with a bang.

### ***Continue to raise awareness and funds for MFSB!***

Challenge your community and friends to sponsor each step your family takes together in support of Maryland midwives. (Family Stroll Sponsor Form is available for download on the MilesForMidwives page.)

### ***Sponsors Available! Volunteers Needed! All help is appreciated!***

Help us ensure the success of this event! Display your business name on mile markers & web site. Donate prizes. Make financial contributions. Volunteer on race day - we are in need of course marshals, water support, food setup and cleanup, registration and packet pickup support, and more...

**More info:** [marylandfamiliesforsafebirth.org/milesformidwives.html](http://marylandfamiliesforsafebirth.org/milesformidwives.html)

### **Or go directly to Active.com to register:**

[active.com/frederick-md/running/races/miles-for-midwives-2015](http://active.com/frederick-md/running/races/miles-for-midwives-2015)

For questions or more information about sponsorships/volunteering:  
contact [andrea@marylandfamiliesforsafebirth.org](mailto:andrea@marylandfamiliesforsafebirth.org)



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