



## Get Movin' Run For The Arts Virtual 5K!

The beauty of having a "Virtual" 5K is that there are fewer restrictions! You pick the date, you pick the location, take your kids or dogs if you want, and walk, run or bike. You'll have fun, get some exercise, and you'll be helping a wonderful cause!

**100 % of proceeds will support Mattawoman Creek Art Center!**

The registration fee will help to keep Mattawoman Creek Art Center - a 501c(3) non-profit organization - open for our community. Your registration includes:

- T-shirt
- Race Bib
- Custom Medals
- Results posted online \*

### HOW IT WORKS:

1. You register for the run/walk/bike 5k.
2. We mail your race packet to you.
3. You complete a 5K (3.1 miles), run, walk or bike wherever and whenever you choose, *while observing proper social distancing of course!*
4. Email us your results and/or pictures if you want them posted: (mattawomanart@aol.com)
5. And post your pictures on our Facebook page if you like! \*

*\*Picture posting and submitting your race results are completely optional*

**ADULT ENTRY FEE: \$30\*** *100% OF PROCEEDS SUPPORT Mattawoman Creek Art Center!*

**AGE 10 & YOUNGER ENTRY FEE: \$20\*** *100% OF PROCEEDS SUPPORT Mattawoman Creek Art Center!*

**REGISTRATION DATES:** We would like to receive registrations by JULY 31<sup>st</sup> in order to take advantage of bulk shirt ordering discounts. *Registrations after July 31<sup>st</sup> will result in a 1-2 week delay to receive your race packet.*

**WHERE:** This is a virtual 5K. Once you register, we'll ship your race packet to the address you supply; you complete the race when, where and how you choose; then, *if you wish*, we'll post your results online. \*

**ENTRY FEE INCLUDES:** Souvenir T-Shirt, Race Bib, Custom Medals, Instructions and Results posted online. \*

*\*Picture posting and submitting your race results are completely optional!*

Complete the Registration Form below (*one completed registration form per registrant*) and mail in with your **\$30 Adult** Entry Fee and/or your **\$20 Child** (age 10 and younger) Entry Fee

# MATTAWOMAN CREEK ART CENTER'S GET MOVIN' FOR THE ARTS VIRTUAL 5K

FULL NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

## SELECT ONE T-SHIRT STYLE:

Unisex Adult 50/50 Cotton Poly Blend \_\_\_\_\_

Youth 50/50 Cotton Poly Blend \_\_\_\_\_

### Select ONE Adult T-Shirt Size:

OR

### Select ONE Youth T-Shirt Size:

Small \_\_\_\_\_

Medium \_\_\_\_\_

Large \_\_\_\_\_

Extra Large \_\_\_\_\_

XX Large \_\_\_\_\_

XXX Large \_\_\_\_\_

Extra Small \_\_\_\_\_

Small \_\_\_\_\_

Medium \_\_\_\_\_

Large \_\_\_\_\_

Extra Large \_\_\_\_\_

Please mail this form, along with your

Adult Entry Fee **\*\*** - \$30 or Child (ages 10 and younger) **\*\*** to:

MCAC

P.O. Box 258

Marbury, MD 20658

**\*** *Make checks payable to "MCAC"*

**\*NO REFUNDS FOR THIS EVENT**