

2ND ANNUAL MARK SALKOWSKI MEMORIAL 5K RUN & 1K WALK

Mark Salkowski was a loving and dedicated father, husband, brother and friend. In April of 2015 Mark was diagnosed with Glioblastoma, an aggressive form of brain cancer. After months of fighting this deadly disease he passed away in December of 2015. Throughout his life Mark loved fitness and exercise. One of his favorite forms of exercise included running many 5K runs over the years. Join us in honoring Mark and helping in the fight against Glioblastoma. All proceeds from this event will be donated in Mark's name to *The Mussela Foundation for Brain Tumor Research & Information, Inc.*

JOIN US IN THE FIGHT AGAINST GLIOBLASTOMA "YOU'RE LIKE ROCKY, BABY!"

When: Saturday, June 15, 2019 at 8:30. Registration and packet pick-up begins at 7:00.

Where: The Ma & Pa Trail in Bel Air, Maryland. Starting and finishing at Williams Street.

What: Out & Back 5K run on the beautifully wooded Ma & Pa Trail. A 1K Fun Run/Walk will begin 5 minutes after the start of the 5K.

Cost: \$25. For pre-registration <https://www.wizathon.com/walktoendbraintumors-md>

Timing: Timing provided by Maryland Timing

Virtual Option: Can't make it to the run on June 15? No problem! Sign up as a Virtual runner/walker, do it on a day and place of your convenience and we'll mail you the commemorative Mark Salkowski tee shirt.

Tee Shirts will be provided to participants that register by May 22, 2019.

Post-run gathering will be held at *Independent Brewing Company*.

Food Truck will be available for purchasing food

Questions: Contact Neil Salkowski at neilsal@aol.com or 410-458-6754

Registration Form

First Name: _____ Last Name: _____

Male/Female: _____ Age: _____ Shirt Size: _____ (S, M, L, XL)

Event: ___ 5K ___ / ___ 1K Fun Run ___ / Virtual (Circle One) Additional Donation: _____

Address: _____ City: _____

State: _____ Zip Code: _____

Email Address: _____