



MARIAN HOUSE

18TH ANNUAL

RACE TO EMBRACE INDEPENDENCE

5K/1M FUN RUN/WALK

PARTICIPANT GUIDE



Scan to Register



www.marianhouse.org/5k



Participant Fundraising
Timeline

3



Kick-Start
Your Fundraising

4

Register & Personalize
Your Fundraising

5-9

Fundraising Toolkit

10-11

Ask for Donations
& Emails

12



Marian House FAQs
& Information

13-15

Packet Pick-up

16

Race Day Schedule

17



Participant Fundraising Timeline

8 - 12 WEEKS (OR MORE) BEFORE THE RUN/WALK

- Register online at www.marianhouse.org/5k
- Set a personal fundraising goal. While there is no fundraising minimum, we encourage participants to aim to raise \$250.
- Personalize your fundraising page by adding pictures and sharing your personal story.
- Make a donation and begin to solicit donations by asking others to follow your lead!
- Send emails through your fundraising center asking for support.

4 - 8 WEEKS BEFORE THE RUN/WALK

- Post on social media at least twice a week asking for donations and remind people why it's important to you.
- Host an event (yard sale, bake sale, etc.) to boost your donation

2 - 4 WEEKS BEFORE THE RUN/WALK

- Send a reminder email to those who haven't made a gift yet.
- Stay in touch with those who have given - send them updates on your fundraising to date, ask them to share your campaign with their networks and send them a thank you note or email.
- Check to see if any of your donors work for companies that will match their donations.
- Give shoutouts to those that have already donated by tagging them in public thank yous on social media.

WEEK OF THE RUN/WALK

- Send out an email to your supporters and potential supporters getting them excited about your race day experience and to request last minute support. Haven't hit your goal yet? Let them know how much more you need to raise to reach it.
- Post on social media several times during the week to share your excitement and get last minute donations.
- Pick up your race packet - available on September 24 and race morning. See website for more details!

AFTER THE RUN/WALK

- Send out a reminder letting people know how much was raised and that they can still support you by making a donation.
- Send thank you messages to your donors.
- Post a thank you on social media with a photo of you from race day.





MARIAN HOUSE



1. Register For The Event

Ask for donations. You'll create a login and password and will use this to access your personal fundraising page. Don't worry, we have email and social media templates for you to use on pages 11 & 12.

2. Personalize Your Page

Update your personal fundraising page with your story, a photo and/or video (scroll to page 5 for 'How To' steps).

3. Ask For Donations

Ask everyone in your network for support - friends, family, your place of work and businesses you frequent (scroll to pages 11-12 for suggestions).



REGISTER



[Event Home](#)

[Register & Fundraise](#)

[Donate](#)

[Raffle](#)

[Sponsors](#)



18th Annual Race to Embrace Independence 5K Run/Walk - September 26, 2026



Register for 18th Annual Race to Embrace Independence 5K Run/Walk -September 26, 2026

[Details](#) > [Finish Up](#)

[Participant # 1](#)

How do you want to participate?

Adult In-person 5K \$40 \$40
Early Registration \$40; Increased to \$45 in August Goes up to \$50 in September & \$60 on Race Day

Early Registration ends 6.30.2026 5:46pm EDT

Adult In-person 1 Mile \$40 \$50
\$40 through July. \$50 in August & September

Summer ends 9.30.2026 11:59pm EDT

Adult Virtual \$40
Virtual participation

Youth age 6-12 In-person 5K \$25
Sat. 9/26 participation at Marian House

Youth age 6-12 In-person 1 Mile \$25
Sat. 9/26 participation at Marian House

Select
Registration
Type

REGISTER



Register for 18th Annual Race to Embrace Independence 5K Run/Walk -September 26, 2026

Details > Finish Up

Participant # 1

How do you want to participate?

Adult In-person 5K



As an Individual

Work on your own to reach your personal fundraising goal.



Join or Start a Team >

Work as a group to reach your personal + collective fundraising goals.

Powered by **bloomerang**

Transaction is secure and encrypted.

Select if you
are participating
as an individual, starting
or joining a team



Register for 18th Annual Race to Embrace Independence 5K Run/Walk -September 26, 2026

Details > Finish Up

Participant # 1

How do you want to participate?

Adult In-person 5K

As an Individual

Work on your own to reach your personal fundraising goal.

Your Fundraising Goal

How much will you try to raise?

\$

☐ I don't want my own fundraising goal and page



Enter
Your Fundraising
Goal
\$250 Suggested

Enter your
personal
details →

Enter
remaining
details →

Let's get your details.

First Name

Last Name

Email

We'll send you a confirmation, plus a link to set up your fundraising page!

Address

Apartment, Suite, Etc.

Optional

City

State



Zip Code

Country

United States



Phone

Optional

Just a few more things...

T-shirt Size



T-shirts only guaranteed if registered by September 15th

Date of Birth (MM/DD/YYYY)

Gender



Our partner, requires this data.

REGISTER



Acknowledge waiver
and add additional
participants as needed



Waiver

☒ I agree and accept the following terms and conditions:

I understand that participating in the event can potentially be a hazardous activity presenting risk, including serious injury. In consideration of my participation in the event, I freely and knowingly accept and voluntarily assume any and all risk of personal injury or property damage that may result. I, and anyone entitled to act on my behalf, forever and completely waive, release, and agree to forego any and all claims and liabilities of any kind arising out of my participation in the event. I agree to release, indemnify, and hold harmless Marian House, corporate sponsors, cooperating organizations and all parties connected with this event from any damage, harm, or liability whatsoever as a result of my participation in the event. I will permit emergency treatment in the event of injury or illness while participating and give permission to use my name and photo taken of me during the event in any promotional material, publication, or on the Marian House website. I understand that Marian House reserves the right to dismiss from or prevent from participating in the event anyone that may cause any disturbance. I certify that I have read and understand the intent of this waiver and release.

[Show less](#)

If your company is a sponsor they will
have a discount code for you
to use. For questions call
(410) 467-4121 ext. 304

Add Another Participant

Next



Family Members &
Friends



Register for 18th Annual Race to Embrace
Independence 5K Run/Walk -September 26, 2026

[Details](#) [Finish Up](#)

Add an Optional Gift

Gina, kick-start your fundraising by making a donation!
It will go toward your fundraising goal.

\$ Optional

☐ Add a little extra to your total to help with fees (\$2.40) ⓘ

Payment Details

How would you like to pay?

Credit Card

Bank Account

Card Number



Exp. Date

CVV

Your Summary

REGISTRATION x 1

[Add Another](#)

Gina Hall
Adult In-person 5K
ghall@marianhouse.org
[Change](#)

\$40

Subtotal \$40

Total \$40

Promo Code

[Apply](#)



Enter Promo
Code If Applicable

Buy Raffle Tickets
or Skip

REGISTER



Enter a donation
amount (any amount) to
kickstart
your fundraising



**Register for 18th Annual Race to Embrace
Independence 5K Run/Walk -September 26, 2026**

[Details](#) > [Finish Up](#)

Add an Optional Gift

Gina, kick-start your fundraising by making a donation!
It will go toward your fundraising goal.

\$ Optional

☐ Add a little extra to your total to help with fees (\$2.40) ?

Payment Details

How would you like to pay?

Credit Card

Bank Account

Card Number 

Exp. Date CVV ?

Billing Address

☒ Same as Mailing Address

949 Gorsuch Avenue
Baltimore, Maryland 21043
US

[Back](#)

Complete Registration • \$40

Enter your registration
payment details



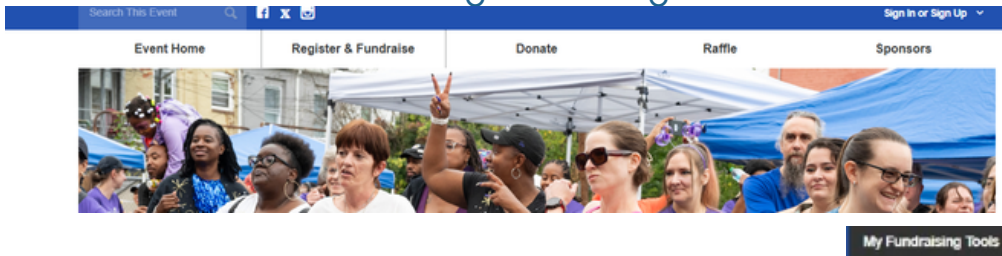
Click to complete
your registration



Personalize



On Race Registration
Page Click Sign In



After signed in
Click on My
Fundraising
Tools



Click on Edit My Page



Fundraising Dashboard



Edit My Page



Share My Page



Donation Center



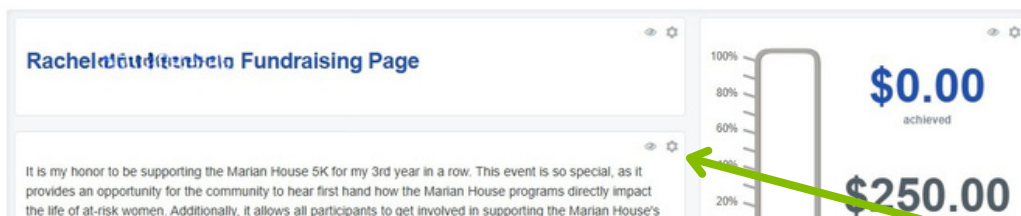
Resources



Team Fundraising



Add Profile Picture



Customize
Any Area
By Clicking On The
Gear Icon

Fundraising Tool Kit

Your gracious fundraising helps us to raise the vital funds for housing, food, clothing, education, life skills, employability training, counseling, and other necessary support services for homeless women and children.

1. Become a Fundraiser



www.marianhouse.org/5k

Get your friends and family together to help sponsor you as a Race to Embrace Independence participant.

2. Choose and Event to Host



Determine what type of event you would like to host and start planning (see page 11 for ideas)

3. Spread the Word



Invite people to participate in your event, spread the word, send out invitations, and share on social media.

4. Share Your Story & Success



Tell your story and successes on social media and email messages to your supporters. #MHRACE



@marian.house



@MarianHouseInc



Fundraising Tool Kit

Host a Party

- Have a party and have people bring a donation in lieu of gifts
- Host a pool party
- Organize a cornhole tournament
- Have a craft or paint night in person or Zoom
- Put together a crab feast
- Have a cook off
- Mystery Wine / Coffee Grab Party (wrap different price range bottles of wine/coffee pay set price and pick a surprise bottle of wine/coffee)
- Virtual 50/50 Raffle (over social media or Zoom)

Sell Anything

- Get rid of old books with a book sale
- Make and sell bookmarks
- Bake Sale
- Clean out the house with a yard sale
- Candy/Lollipop Sale
- Lemonade stand
- Dog walk service
- Coffee & donut-ion (sell coffee & donuts at the office, sports events, church, etc.)
- Make & sell candles
- Car/dog wash
- Mow lawns
- T-shirt fundraising

Challenge Others

- Social Media Challenges (ex Ice Bucket Challenge)
- Give It Up Challenge (have people and yourself give up coffee, lunch/dinner out, trip to Target etc. donate funds)
- Change for Change challenge collect everyone's loose change
- Pledge challenge (have people donate certain amount per mile run, push-ups, burpees, etc.)

Restaurant Partnership

- Ledo's Pizza, Chipotle, Chick-fil-a, Panera Bread Fundraiser (% of Sales Donated)

Still stumped or need help developing a plan? We'll help you organize.

Email: advancement@marianhouse.org



MARIAN HOUSE

Company
Match
Double Your
Impact!!

Raise \$250 in a week!

Sponsor yourself for \$25 = \$25

Ask 3 family members for \$25 = \$75

Ask 5 friends to donate \$10 each = \$50

Ask 5 coworkers to sponsor you for \$10 = \$50

Ask your company for a \$50 contribution = \$50*

Total \$250

*Many Baltimore companies match donations including some of our sponsors:

T. Rowe Price

PWC

Truist

and others, please check-in with your employer.

Email
Templates
are also on your
fundraising page

Email Template

“Donation Request” Email Subject: Help me make transform the lives of women

Dear [Recipient], I'm participating in the Marian House 18th Annual Race to Embrace Independence. This event is not just about crossing the finish line; it's about taking steps to support the women of Marian House in transforming their lives.

Your participation will help 300+ women and children annually from homelessness and trauma. That's why I'm reaching out to ask for your support. [INCLUDE YOUR PERSONAL STORY HERE]

By donating to my fundraising page, you'll directly contribute to Marian House's rehabilitative and housing services. Marian House transforms the lives of women from dependence to independence. By attending with me, you will hear directly from one of the Marian House 2 residents of how much Marian House impacts their life and all enrolled in the Marian House program.

Please consider making a donation to my fundraising page [INSERT LINK TO YOUR FUNDRAISING PAGE]. Your contribution, no matter the size, will make a meaningful impact. Together, let's make lasting change!

Thank you for your support and generosity.

MARIAN HOUSE

FAQs

Is there a fundraising minimum to participate in the run/walk?

Participants are encouraged to personalize their fundraising page and raise \$250.

Are all donations tax-deductible?

Yes. All monetary donations are tax-deductible to the fullest extent allowed by law. If the donation was made online, the tax receipt will be emailed to the email address used to register. If you donated via check, you will be mailed a receipt.

Are there any awards or fundraising incentives for top fundraisers?

Yes!

Are there any awards for top runners?

Yes! 1st, 2nd & 3rd Place by Age/Gender Categories

I received a donation, but don't see it on my fundraising page?

That's Great! All mailed donations should appear on your page within two weeks of being received by Marian House. If you do not see your donation(s) on your page, please email us at Advancement@marianhouse.org.

What if people want to give me cash? Please send a personal check covering the amount. We will be able to credit your donors for their generosity if you include their information. Or, you can bring cash donations to the race.

Can I continue to collect donations after the event? Yes! The event website will remain open for 90-days post-event.

Can I bring a stroller and/or my dog? Yes, Strollers are welcome along both the 5K and 1 mile course. Dogs who are on leash, safe around large crowds and other dogs can also attend with a responsible adult. For safety, stroller & canine participants should start in the back of the line when the race begins for both the 5K and 1 mile events.

Where do I park? Free street parking is available



Still have questions? Contact our team at advancement@marianhouse.org



Sponsorship is an opportunity to support our Marian House programming to help our residents. These donation numbers are just to give a point of reference of the full scope of services we provide. Marian House works diligently to meet the needs of the hundreds of women we serve.

Please review and consider sponsoring us at a transformative level.

- \$250 is a day and a half of meals for Marian House I (MHI) residents.
- \$500 is 3 days of meals for all the women who live in Marian House I.
- \$1,000 in donations provides transportation needs for all residents in all Marian House Programing including bus and van services.
- \$1,500 provides vital supportive services for a week for a resident, including groups and one-on-ones for residents.
- \$2,500 provides all services for MH1 residents for one day.
- \$5,000 provides MH1 residents with comprehensive services for at least 2 days.
- \$10,000 supplements all education and therapeutic services for 1 resident.

SERVICES IMPACT

Of the 28 women who exited the Transitional Housing Program for Single Women in FY25:



84%

increased their
income



62%

successfully completed
the program



62%

were discharged to
permanent housing



52%

were employed
at exit

In the Permanent Housing Program:

13

women were unemployed (and not permanently disabled) at the start of the year, and gained employment during the course of the year

100%

of women employed at the start of the year maintained their employment during the course of the year



Located in Better Waverly community of Baltimore, Marian House specializes in serving and providing housing for women and their children. We serve women across Baltimore and throughout Maryland.

Our Mission Statement

Marian House is a holistic, healing community for women and their children who are in need of housing and rehabilitative services. We provide a safe, sober, and loving environment that challenges women to respect and love themselves, confront emotional and socioeconomic barriers, and transition to stable and independent lives.

Our Vision Statement

Marian House strengthens our society by unlocking the potential found within the women we serve.

Our Values

Marian House values the innate dignity of each human being. Within a culture of respect and understanding of the human condition, the values of patience, trust, honesty, and integrity direct all of our interactions and endeavors. Marian House is committed to equity and inclusion. We value diversity of thought and honor individual identity which includes race, color, national origin, gender identity, sexuality, class, and religion.

Our Story

Since its founding by the Sister of Mercy and the School Sisters of Notre Dame, Marian House has become known as a leading organization providing high quality rehabilitative services to women who suffer from complex histories of trauma, including mental health disorders, substance use disorders, physical and sexual abuse, those re-entering the community after incarceration, and other unstable life situations. Over the past 42 years, Marian House has served over 4,600 women and their children and has continuously modified its program to achieve strong, lasting results.

The Marian House Transitional Housing Program has grown from accommodating 14 women to now being able to serve 28 women at any given time.



PACKET PICKUP

THURSDAY 9/24

MARIAN HOUSE

949 GORSUCH AVE - BALTIMORE

4:00 - 6:00 PM



RACE DAY

SATURDAY 9/26

RACE DAY - RACE VILLAGE

MARIAN HOUSE - BALTIMORE

OPENS 7:30AM

7:30 AM

REGISTRATION & RACE VILLAGE
OPENS
PICK UP YOUR PACKET & ENJOY
RACE VILLAGE GOODIES

8:30 AM

OPENING REMARKS

8:45 AM

ANNOUNCEMENTS; REGISTRATION
CLOSES

9:00 AM

RACE BEGINS

10:00 AM

RACE AWARDS

11:00 AM

CLEAN UP BEGINS