



Join the women of 'Every Step Needs a Little Sparkle' as we train for the Baltimore Women's Classic 5k on June 28th! Whether this is your first 5k or your 100th, we are here to support each other and accomplish this goal.

We will publish a virtual training plan to help each person, regardless of running level, complete the 5k race. You can walk, walk/run or run – whatever you are comfortable with!

The BWC is the largest all women's race in the area with a great course that goes around the Inner Harbor. It ends with a finish line festival and a medal to each participant.

Register now at <http://www.baltimorewomensclassic.com/> and sign up to be on **TeamADF**. Entry Fees are \$35 through March 31st then \$40.

<i>Registration and Bracelet</i>	
<i>25 miles D Charm</i>	
<i>50 miles R Charm</i>	
<i>75 miles E Charm</i>	
<i>100 miles A Charm</i>	
<i>125 miles M Charm</i>	
<i>Every Step Deserves a Little Sparkle Bracelet 150 miles</i>	<i>Image coming soon</i>
<i>*All Purchases have SHIPPING and handling included</i>	<i>*All Proceeds from The Every Step Deserves a Little Sparkle Running Group support the mission of Alice's Dream Foundation</i>

Your training and race miles will also help you earn your charms for your DREAM bracelet! Visit <http://alicesdreamfoundation.weebly.com/every-step-needs-a-little-sparkle.html> for more information!

Questions? Contact Melissa Susseles at msusseles@gmail.com