FORM 3

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

OMB APPROVAL OMB Number: 3235-0104

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* Bernstein Joshua (Last) (First) (Middle) ONE CHURCH STREET (Street) ROCKVILLE MD 20850			Date of Event Requiring Statement (Month/Day/Year) 09/25/2018		S. Issuer Name and Ticker or Trading Symbol Capital Bancorp Inc [CBNK] 4. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% COfficer (give title below) Other		6.	5. If Amendment, Date of Original Filed (Month/Day/Year) 5. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reportin Person		
(City)	(State)	(Zip)								
			Table	I - Non-De	erivative Securities Beneficially Owned					
1. Title of Security (Instr. 4)				2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)		. Nature of Indirect Beneficial Ownership (Instr. 5)			
Common Stock					91,920	D				
Common Stock					303,200	I	I By Be		Bernstein Fund Limited Partnership	
Common Stock					204,400	I By Sa		SandBern Ventures, LLC		
Common Stock				324,000	I By N		Norman Bernstein			
					vative Securities Beneficially Owned warrants, options, convertible securities	es)	· ·			
1. Title of Derivative Security (Instr. 4) 2. Date Exercise Expiration Date (Month)Day/Yea			te	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion Exercise Price of Derivative	5. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)		
			Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Security			
Stock Options			12/31/2015 ⁽¹⁾	12/31/2019	Common Stock	1,500	6.63	D		
Stock Options			12/31/2016 ⁽¹⁾	12/31/2020	Common Stock	4,000	7.5	D		
Stock Options 12/31/201			12/31/2017 ⁽¹⁾	12/31/2021	Common Stock	7,800	8.5	D		
Stock Options			12/31/2018 ⁽¹⁾	12/31/2022	Common Stock	9,600	12.38	D		
Explanation of Respor	ises:				,				,	

Explanation of Responses:1. The Stock Options vest in four equal annual installments beginning on the first anniversary of the date of grant.

Remarks:

/s/ Alan Jackson, as Attorney-in-Fact

09/25/2018

** Signature of Reporting Person

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

** If the form is filed by more than one reporting person, see Instruction 5 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

Know all by these present, that the undersigned hereby makes, constitutes and appoints each of Alan Jackson and Karen Grau as the undersigned's true and lawful attorney. Inc. (2) seek or obtain, as the undersigned's representative and on the undersigned's behalf, information on transactions in the Company's securities from any thire perform any and all other acts which in the discretion of such attorney-in-fact are necessary or desirable for and on behalf of the undersigned in connect:

The undersigned acknowledges that:

(1) this Power of Attorney authorizes, but does not require, such attorney-in-fact to act in their discretion on information provided to such attorney-in-fact without independent verification of such information;
(2) any documents prepared and/or executed by such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney will be in such form and w:
(3) neither the Company nor such attorney-in-fact assumes (i) any liability for the undersigned's responsibility to comply with the requirement of the Exchange (4) this Power of Attorney does not relieve the undersigned from responsibility for compliance with the undersigned's obligations under the Exchange Act, includes

The undersigned hereby gives and grants the foregoing attorney-in-fact full power and authority to do and perform all and every act and thing whatsoever requisite, r

This Power of Attorney shall remain in full force and effect until revoked by the undersigned in a signed writing delivered to such attorney-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 25th day of September, 2018.

/s/ Joshua Bernstein Signature