

The Recovery Race

5 K Run – 2 Mile Walk

ASCI - McHenry, MD

Saturday, Sept. 12, 2009

9:00 a.m

Directions

From I-68 take the U.S 219 South exit at Keyser's Ridge

- Follow 219 South 12.9 miles
- Right onto Sang Run Road 0.2 miles
-follow the signs for *asci*
- Left onto Marsh Hill Road 1.1 miles
- Right onto Overlook Pass 0.7 miles
- Right onto WISP Mt. Road 0.6 miles
- End at *asci* (250 Adventure Sports Way)

Course Information

The run and walk courses will begin and end adjacent to the one-of-a-kind *ASCI* Whitewater Course. The marked and measured course is over rolling hills, paved roads and hiking trails on top of Marsh Mountain (Above *W/SP* Resort).



Awards

The first male and female 5 K finishers will receive a \$50 cash prize and *asci* raft trip. The second place male and female finishers will receive a \$50 cash prize. Non-cash awards will be given to

- The top two male and female runners, in each age .
- The top three male and female walkers.
- The oldest and youngest male and female participants.

Award Categories (Runners Only)

15 & under	16–19	20–29
30-39	40–49	50–59
60 +	Parent—Child (<i>combined time</i>)	

Post Race Activities

A mini health fair including healthy refreshments, free health screens, demonstrations, information booths, seated massage, and more will be available to participants and guests. Door prizes including two rafting trips from *ASCI* will be held after the awards presentation. All racers will receive 10 % discounts for rafting or rock climbing.

Registration:

Make checks to: Garrett County STEPS
 Mail to: Behavioral Health, Suite 214-B
 GC Health Department
 1025 Memorial Drive
 Oakland, MD 21550

Commemorative T-Shirts for first 75 racers registered

Commemorative Gear Bags for first 50 pre-registered

(Please tear off, complete, sign and return bottom portion with registration fee)

REGISTRATION FORM – PLEASE PRINT Make Checks payable to "Garrett County STEPS

Entry Fee: is \$10.00 if prior to September 1, 2009 and \$18.00 after September 1, 2009

Name: _____ Age on 9/12/09 _____ Sex: Male _____ Female _____

Address: _____

STREET

CITY

STATE

ZIP CODE

T-shirt (circle one): S M L XL XXL (\$2 extra) 5k run: _____ 2 mile walk: _____ Phone: (____) _____

Release:

For and in consideration of my participation in the Race for Recovery and other valuable consideration, receipt of which is hereby acknowledged, I do hereby agree, on behalf of myself, my heirs, executor, administrator and assigns, to indemnify, release and forever discharge the organizing committee, Garrett Co. Health Department, *ASCI*, *RRCA*, *Queen City Striders* and all sponsors; their officers, servants, agents and employees of said organizations and volunteers associated with the Race for Recovery, jointly and severally, and to hold and save harmless from and against any and all actions, claims, demands, judgments, liabilities, suits, loss, damage, or expense of whatever nature, including attorney fees, whatsoever in case of any death or personal injury, which may at any time be incurred by reason of my participation in or preparation (before and after) the aforesaid competition. I do hereby consent to the use of my name and/or photograph in connection with publicity about the race.

X _____ X _____

Signature of Participant

Signature of Parent/Guardian (If under 18)

The Recovery Race



Nearly every family has been touched by the affects of drug and alcohol abuse. September is National Alcohol and Drug Addiction Recovery Month when we recognize those courageous individuals who are in recovery from an addiction.

The 3rd Annual Recovery Race will celebrate those courageous individuals who are recovering from an addiction.

All proceeds from the Recovery Race will benefit the Garrett County STEPS to Better Health Committee. The STEPS Committee works to educate, inform and inspire persons to live healthy lives.



Garrett County STEPS
Behavioral Health, Suite 214-B
GC Health Department
1025 Memorial Drive
Oakland, MD 21550

The Garrett Co. Center for Behavioral Health
and the
Adventure Sports Center International (*asci*)
present the

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9:00 a.m
Registration begins at 8:00 A.M.



National Alcohol
& Drug Addiction
Recovery Month