

1st Annual Recovery Race for Cumberland Treatment Center 1 mile Run/Walk

Where: Parris N. Glendening Recreation Complex - Frostburg, Maryland
Saturday, September 18, 2010 **Start Time: 9 a.m.**

DIRECTIONS: From I-68 get off of the Exit 34 at Frostburg. Follow signs to Main Street Turn left (west) on Main Street and travel to Armstrong Ave (across from Sand Springs Saloon). Turn right on Armstrong and turn on Smith Ave. or Delano Ave (which will be on your left) and you will arrive at the complex.

COURSE INFORMATION: The course will be in the park and surrounding roads.

Awards: Several awards will be given the day of the race: 1st male and female finishers will receive a cash award. The first place male and female masters (40+) finishers will receive a cash award.

Non-cash awards: Top two male and female runners in each age group, top three male and female walkers, the oldest and youngest male and female participants.

Award Categories (Runners Only): 9 & under 10-13 14-19 20-29 30-39 40-49 50-59 60+

T-SHIRTS ON RACE DAY WHILE SUPPLIES LAST-SO PLEASE PRE-REGISTER

Post Race Activities: Awards & educational information will be given out.

Registration: Mail to: Cumberland Treatment Center-Recovery Walk, 14701 National Hwy, Suite 5 & 6
Lavale, Maryland 21502 (Make checks payable to: Shannon Thomas)

Queen City Striders Racing Circuit Race 1 Mile

Commemorative draw-string bags for the first 20 pre-registered

Any questions please call us at 301-687-0940.



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

REGISTRATION FORM – PLEASE PRINT

Entry fee: is \$12.00 if prior to August 31st, 2010 and \$18.00 after September 1st, 2010

Name: _____ **Age on 9/18/10** ____ **Sex: Male** ____ **Female** ____

Address: _____

Street _____ City _____ State _____ Zip code _____

T-shirt (Circle one): S M L XL XXL(\$2 extra) ____ Run: ____ 1 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, Cumberland Treatment Center, City of Frostburg, Queen City Striders and all sponsors; their officers, servants, agents and employees of said organizations and volunteers associated with the Recovery Race jointly and severally, and to hold and same 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 _____
Signature of Participant

X _____
Signature of Parent/Guardian (if under 18)

Cumberland Treatment Center

Presents the 1st Annual Recovery Race

1 mile Run/Walk

**Where: Parris N. Glendening Recreation Complex -
Frostburg, Maryland**

Saturday, September 18th, 2010

Registration begins at 8:00 a.m. &

Start Time: 9 a.m.



SEPTEMBER IS

***National Alcohol & Drug Addiction Recovery
Month***

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 1st Annual Recovery Race will celebrate those courageous individuals who are recovering from addiction, educating the community about addiction and teaching those who are addicted that they can have fun without using drugs or alcohol.

All proceeds from the Recovery Race will go to continued and paying for the activities the day of the race and for future races.

FYI: This is Queen City Striders Circuit Race 1 Mile