

Recovery Rally & 5K Roadrace

September is National Alcohol and Drug Addiction Recovery Month. This year's theme is "Everyone Benefits from Recovery ". As part of this national public awareness campaign, The Rockland Council on Alcoholism and Other Drug Dependence, Inc. (RCADD) an affiliate of the National Council on Alcoholism and Drug Dependence Inc. (NCADD), in collaboration with other Rockland community organizations and treatment providers will hold their 4th Annual Recovery Rally on Saturday, September 17th, 2011. The planning committee is actively working on a program for the Rally which will include a 5k run, 1 mile Recovery Walk, entertainment, family activities, hay rides, food, and recovery messages. All other Recovery Rally activities will immediately follow the 5K race. A contingent of sober motorcyclists will do a "ride-in" to raise public awareness for the Rally. The purpose of the rally is to help educate and support people affected by substance abuse disorders, educate the public that addiction is a treatable disease, and celebrate the lives of those who have gained and sustained recovery. The rally itself is free and open to all community members. The events will be held at the Marydell Faith and Life Center, 640 North Midland Ave., Nyack, NY 10960.

The Recovery Rally 5K roadrace/1 mile Recovery Walk will start at 9 am. Race day registration activities will open at 7:30 am. The 5K pre-registration fee (before 9/3/11) is \$22; the race day registration fee is \$25. All proceeds will go to furthering the goals of the Rockland Council on Alcoholism and Other Drug Dependence, Inc. Custom designed T-shirts are guaranteed to the first 100 registrants. There is no fee for the Recovery Walk, but no T-shirt or awards will be given for participation. Awards in the 5K will be presented to the top 3 overall male and female finishers, the top 3 overall walkers, as well as to the top 3 male and female finishers in the following age groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & over. Applications may be downloaded from: www.rcadd.org/. Make checks payable to and mail to: RCADD, 25 Smith St.-suite 101, Nanuet, N.Y. 10954. Directions to the Marydell Faith and Life Center may be found at: <http://www.sistersrcd.org/marydell.htm> or at <http://www.rocklandroadrunners.org/pdfs/RecoveryRallyApp.pdf>. For further information, contact RCADD (845) 215-9788 or contact Walter Johnston at heruns@optonline.net or call (845) 504-0917.