

JOIN US FOR A HEALTH AND WELLNESS DAY!

ADAC'S 5K RUN/WALK/ROLL FOR RECOVERY!!

EVERYONE IS INVITED TO PARTICIPATE IN OUR
ALL ABILITIES 5K!



April 18th, 2026

**117 SEWARD AVENUE
MIDDLETOWN, NY 10940**

9:00 AM

Registration & Fees
\$25 early bird registration
\$35 after 4/3
(INCLUDES RACE SHIRT)

Experience community spirit at the ADAC 5K event!
Participate in a supportive environment where everyone is
welcome. Together, we celebrate recovery, strength, and
resilience!

SCAN TO REGISTER



*Run. Walk. Roll.
Together we are stronger!*

