

## Directions to RC Ward ATC

5K Course is at Middletown  
Community Campus

### *Directions to Richard C. Ward ATC*

Route 17 East or West to Exit 121 West (Route 84 West) to Exit 3W (17M). Right at end of ramp, onto 17M (Dolson Ave.). Left at Wiedy's Furniture (County Road 108). CR 108 becomes CR 78. Continue on CR 78 to Maple Hill Elementary School entrance at Eggerton Rd. Take a right onto Eggerton Rd. into the Middletown Community Campus. Turn right at end of Eggerton Rd. onto Dorothea Dix Dr. Turn right onto Seward Ave. Continue on Seward to #117 on the left.

Special thanks to the Richard C. Ward Addiction Treatment Center for the use of their facility. NO SMOKING permitted on Richard C. Ward ATC grounds. All participants & spectators must sign confidentiality waiver upon entering building.

Also a very special thanks to the Orange County Runners Club for all of their invaluable help and time. Thank you!

Timing by  
Eagle Timing



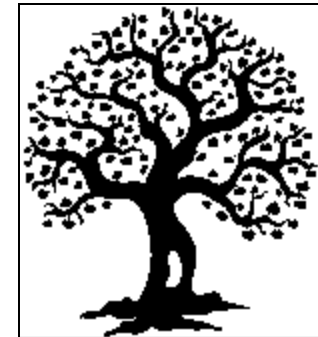
Alcoholism and Drug Abuse  
Council of Orange County

224a Main Street  
PO Box 583  
Goshen, NY 10924

Phone: 845.294.9000  
Fax: 845.294.9648  
E-mail: kwamer@adacinfo.com

Please join the Alcoholism and Drug Abuse Council of Orange County in celebration of recovery month at...

# The 3rd Annual 5K Run/Walk for Recovery



September 14,  
2013  
9:00 am  
Middletown, NY

Co-sponsored by Richard C. Ward ATC

September is National Recovery Month. In celebration of recovery month we are staging our second Annual 5K run/walk. We hope to bring awareness of the Recovery community and reduce the stigma that so often surrounds the disease of addiction.

Bring the family and help us celebrate National Recovery Month!

The Alcoholism and Drug Abuse Council of Orange County is a non-profit organization serving the communities of Orange County. We offer a wide variety of services including information and referral, substance abuse awareness education, and full CASAC training through the School of Addiction Studies in Goshen. Feel free to contact us with any questions or concerns. You can also visit our website at [www.adacinfo.com](http://www.adacinfo.com) and please follow us on Facebook and Twitter.



# 3rd Annual 5K Run/ Walk for Recovery September 14, 2013

9:00 am

Prizes awarded to the top 3 finishers in each age group and top 3 walkers overall

## Age Groups

12 and under, 13-19,  
20-29, 30-39, 40-49,  
50-59, 60-69, 70+

## Race Fees

\$18 Pre-registered by September 7th

\$20 after September 7th and on race day

T-Shirts given to 1st 100 participants

Register by mail or online @

[Onestoprace.com](http://Onestoprace.com)

In person registration/check in 7:30am- 8:45am

Registration & refreshments take place at the Richard C. Ward Addiction Treatment Center, 117 Seward Avenue, Middletown Community Campus

## Entry Form

Please make checks payable to:

ADAC

224A Main Street PO Box 583

Goshen, NY 10924

ATTN: 5K

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Sex: M F

Age on race day: \_\_\_\_\_

Runner \_\_\_\_\_ Walker \_\_\_\_\_

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effect of the weather, including high winds, cold temperatures, humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or inline skates, and animals are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I, for myself, waive and release the Alcoholism and Drug Abuse Council of Orange County, the City of Middletown, the State of New York, Middletown Psychiatric Center, Cornell Cooperative Extension of Orange County, all sponsors their representatives and successors, including employees, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature (if under 18):  
\_\_\_\_\_