

## Official Event Sponsors

### Platinum Sponsors

The Nord Center  
Lorain UMADAOP  
Cohen & Company  
Firelands Counseling and Recovery  
Services of Lorain County

### Gold Sponsors

Buckeye Community Bank  
Catholic Charities Services  
of Lorain County  
Datacore Consulting  
BMP Consulting  
First Merit Bank

### Silver Sponsors

KS Associates  
Community Health Partners

### Volunteer Sponsor

The Original Garden Basket

### Media Sponsors

Lorain Morning Journal  
Chronicle Telegram

*New!*

## On-Line Auction

*"Bid for Good!" Help us raise awareness for Alcohol  
and Drug Addiction, visit our  
On-line Auction from 9/6/08-9/18/08 at:*

**[www.lorainadas.cmarket.com](http://www.lorainadas.cmarket.com)**

*Community organizations and supporters have  
donated some wonderful items.*

National Alcohol  
& Drug Addiction  
*Recovery Month*

## Official Event Sponsors



**Big Brothers Big Sisters**

*Little Moments. Big Magic.™*



JOIN  
THE  
**VOICES**  
FOR

**REAL PEOPLE. REAL RECOVERY**

SEPTEMBER  
**2008**

National Alcohol  
& Drug Addiction  
*Recovery Month*

*In  
Celebration of  
National  
Recovery Month...*

*The Alcohol and  
Drug  
Addiction  
Services Board  
of Lorain County  
&  
Lorain County  
Board of  
Mental Health*

*invite you to the...*

*4th Annual*

**5K FAMILY**

**RUN/ 2 MILE WALK**

*September 20, 2008*

*Lorain County  
Metro Parks*

## National Recovery Month

The 19th annual National Alcohol and Drug Addiction Recovery Month is a commemoration that will occur in cities, and towns (big and small) nationwide. We celebrate and recognize the valiant efforts of people who are in recovery from alcohol and drug addiction and mental illness disorders.

This year's theme is:

**"Real People, Real Recovery"**

## 5K Family Run/Walk

The main event will be a 5K (3.1 mile) family run/ 2 mile walk through the beautiful Lorain County Metro Parks. The Course will begin at the Days Dam area, follow along the Bridgeway all-purpose trail to the tram turnaround and then back to the finish line at Days Dam.

Other activities that day will be a children's fun run (ages 9 and under), food, beverages, children's activities, raffle prizes and an awards ceremony.

**What better way to celebrate recovery than a family friendly event that promotes health and fitness?**

The race will be professionally managed by **Premier Racing** of Columbus Ohio and include official timing, race results, race clock and runners bibs.

## Race Day Schedule

**Saturday, September 20, 2008**

Days Dam Pavilion of the Lorain County Metro Parks  
(E. 31st Street and E. River Rd)

8:15 a.m.	Race-day Registration
9:30 a.m.	Kids Race (9 and under-free)
10:00 a.m.	5K Family Run/ 2 Mile Walk
10:45 a.m.	Awards Ceremony and Brunch



## Registration & Entry Fees

### Registration & Fees (T-shirts to first 180 entrants)

#### Pre-Registration

- Individuals are \$15.00
- Families are \$15.00 for 1st person & \$10.00 each additional family member

#### Mail in Registration

Complete the entry form and mail with a check payable to:

ADAS Board of Lorain County  
4950 Oberlin Ave.  
Lorain, Ohio 44053

#### Online Registration

[www.lorainadas.org](http://www.lorainadas.org) or [www.premierraces.com](http://www.premierraces.com)

#### Race Day Registration

- Individuals are \$20.00
- Families are \$20.00 for 1st person & \$10.00 each additional family member

## Age Groups/Results/Awards

### Age Groups

9 & under/ 10-13/ 14 -16 / 17-19 / 20-24  
25-29 / 30-34 / 35-39 / 40-44 / 45-49  
50-54 / 55-59 / 60 and over

### Results

Results will be posted on the  
ADAS Board website ([www.lorainadas.org](http://www.lorainadas.org)) &  
Premier Racing website ([www.premierraces.com](http://www.premierraces.com)).

### Awards

A trophy will be awarded to the overall male and female winner. Trophies will also be awarded to the first place winner in each age group. Second and third place finishers will receive ribbons.

### Parking

Free parking available at the Days Dam Trailhead of the Lorain County Metro Parks.  
Auxiliary parking available on 31st street.

## 5K Family Run/Walk Entry Form

*(Early bird Registration deadline: August 29, 2008)*

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

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

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

Email: \_\_\_\_\_

T-Shirt Size (Circle)    M    L    XL    XXL

Male \_\_\_\_\_ Female \_\_\_\_\_    Age    \_\_\_\_\_

Amount Enclosed \$ \_\_\_\_\_

I hereby acknowledge that running is a strenuous physical activity. I understand that prior to participating in this event, I should consult with my physician and if I choose not to do so, I am relying upon my own knowledge and experience regarding my personal condition and ability to participate in a 3.1 mile run or 2 mile walk. My signature below indicates that I, for myself, my executors, administrators, and assigns, hereby release the Alcohol and Drug Addiction Services Board of Lorain County and its representatives who are in any way involved in the sponsorship or conduct of this event from any and all claims, demands or causes of actions for loss, injury or damage whatsoever arising out of my participation in this event on September 20, 2008. I understand that promotional pictures may be taken during this event. I give permission for my picture to be used for promotional materials (newsletter, web page, brochures, posters, etc.) in highlighting the event.

\_\_\_\_\_  
Signature/Date (parent or guardian signature if under 18)

## Support Treatment & Prevention

I would like to support treatment and prevention for addiction disorders and mental illness by

\_\_\_\_\_ Making a donation in honor of someone in recovery.

Enclosed is my donation of \$ \_\_\_\_\_

\_\_\_\_\_ Adding my name to those supporting recovery advocacy in my community.