



Register online at:
www.FloridaRecoveryMonth.com/5kRun.htm
 Or complete this entry form.



Exercise & Recovery

Many drug addicts have isolated themselves and have very few healthy relationships or positive social skills as a result of continually using drugs and/or alcohol. Many think “What am I going to do if I’m not using?” A beneficial way of channeling nervous energy while recovering from using is through exercise. Increasing one’s physical fitness level helps reduce stress and improve physical health. Physical fitness also helps those recovering or in recovery become interested in new activities, releases endorphins, the body’s natural pain reliever, helps relax, redirect energy and improve concentration. Exercise can also be used as a valuable stepping stone to meet new people as many in recovery have to leave their old lives behind, to develop a healthy supportive network.

Event Information

Rise for Recovery: Will begin at 7am. Rise for Recovery is a non-denominational service held at sunrise for all who are interested.

Packet Pick Up: Packet pick up and race day registration will be held from 6:00 A.M. To 8:00 A.M. on September 12th, 2010.

The Course: The 5k course will start and finish at City Island Park in Daytona Beach. The course runs through nearby downtown along Beach Street, the local neighborhood and along the Intracoastal Waterway. The run will be timed by Alta Vista Sports using ChampionChip technology.

T-Shirt: Pre-registered 5k participants will receive an official Florida Recovery Month T-shirt.

Awards: Winners’ awards, gift certificates and wellness related items will be awarded to 1st 2nd & 3rd Place male & female winners in each of the age groups.

Wellness Offerings: Healthy snacks, drinks, and other wellness offerings will be available after the Awards Ceremony.

Cancellation: The Run for Recovery will only be canceled if extreme circumstances threaten the safety of event participants i.e. lightning. In the event of cancellation, there will be no refunds, but rather your entry fee will be used as a donation to help promote awareness for Recovery Month.

Online Registration Preferred! No Online Registration Fee!
 Go to: www.FloridaRecoveryMonth.Com/5kRun.htm

Name: _____ Female Male Age: _____ DOB: ___/___/___
 Address: _____ City: _____ State: ___
 Phone Number: _____ Team (optional): _____
 Email: _____

Submit completed registration form along with check (s) made payable to:
SMA Behavioral HealthCare
 Mail to: Recovery Month Coordinator
 Victoria Kress
 702 S. Ridgewood Ave.
 Daytona Beach, FL 32114

T-Shirt Size: SM MED LRG XLG XXL XXXL

Sign up for:	Price
<input type="checkbox"/> Early Registration	\$ 20.00
<input type="checkbox"/> Race Day Registration	\$ 25.00
<input type="checkbox"/> Student, Team (5+), or employee	\$ 15.00

Make it a series discount, two 5k events: Recovery 5k (9/12/10) & Beach House 5k (11/13/10)

<input type="checkbox"/> Early Registration	\$ 35.00
<input type="checkbox"/> Students or Team (5 or more)	\$ 30.00

Method of Payment: Check Credit Card: VISA MASTERCARD AMEX DISCOVER
 Credit Card Number _____ Expiration Date _____
 CVC Security Code _____ (For American Express it is the four digits on the front. All others, three digits on back of card.)

Signature _____