

10K Special Offer through September 5, 2009

Run for Recovery, Run for the Children Official Details Marine Corps Marathon, October 25, 2009

Run for Recovery, Run for the Children – Faces & Voices of Recovery and the National Association for Children of Alcoholics (NACoA) are national organizations that support and give hope to individuals, children and families across the country who are struggling with the impact of addiction to alcohol and other drugs, and to those who know the reality of long-term recovery.

Both organizations are working to broaden public understanding of how addiction and recovery affect children, families and our communities. They are promoting effective public policy at the national, state, and local levels; advancing professional knowledge; educating the public that prevention and recovery support services can and do work; and demonstrating the promise and reality of recovery.

This year Faces & Voices of Recovery and the National Association for Children of Alcoholics are partnering for the 34th Marine Corps Marathon to raise public awareness and celebrate and honor recovery in all its diversity. Join us – make the commitment to get fit and have fun while speaking for the families who need a voice.

- Runners ages 10 and up are invited to participate in the Marine Corps Marathon 10K.
- Participants must complete the registration form (paper or on-line) in full, then mail or fax it back with a non-refundable commitment fee of \$55 for the MCM 10K.
- Each participant will be required to raise a minimum contribution of \$500 (MCM 10K).
- Each participant will be responsible for any balance of the minimum required still outstanding on race day.
- We will provide hotel accommodations for one night for participants from outside of Washington DC and its environs. The required minimum will be increased to \$700 (MCM 10K).

Participant Package Includes:

Registration-related expenses, an official race packet with an official MCM program, a commemorative shirt and a medal for finishers. Faces & Voices and NACoA will provide a pre-race pasta dinner, goodie bag, and a *Run for Recovery, Run for the Children* T-shirt (to be worn during the race).

We will be by your side all the way! **Especially for you – our team member – we have virtual training, newsletter tips and access to our coaches via phone and e-mail. New this year for local participants** (Washington, DC metro area) there are weekly training runs through our partnership with Marathon Charity Partners. We offer you weekly marathon training sessions plus an on-line and in-person coaching program tailored to your personal needs.

- Saturday morning training sessions:
June through September (7 AM), October (8AM)
- Distances start at 3 miles in May and run up to 20 miles in September/October at locations in DC, Maryland, and Virginia
- Each session is hosted by one of the partners. All you have to do is come ready to run! Refreshments are provided.
- Locations include Belle Haven Park, Bethesda on the Capital Crescent Trail, Carderock on the C&O Canal Towpath, Lady Bird Johnson Park near the Pentagon, Pierce Mill on the Rock Creek Park Trail
- Free educational seminars on equipment, nutrition, hydration, injury prevention, pre-race preparation, and fund-raising
- Post-race party tent including massages for all participants
- Expert training from experienced coaches:
Nick Panebianco (RRCA-certified coach)
Kevin Dopart (USATF-trained)
John Steitz (USATF-trained)
Jay Jacob Wind (USATF- and RRCA-trained, USATF national official)

General Information:

- Participants are required to make all arrangements for their own transportation.
- Whether you are an experienced marathoner or just getting started, our comprehensive training program for runners includes a training schedule, coach, monthly motivational training tips and newsletters.
- When we receive your registration commitment, you will get a complete runners' packet with all of the materials and information you will need to do your fundraising and to get ready for *Run for Recovery, Run for the Children* in the Marine Corps Marathon 10K.

NOTE: If you must withdraw, your commitment fee and contributions already received will be forfeited.

If you are submitting a hard copy registration form, mail or fax to:

Run for Recovery, Run for the Children
11426 Rockville Pike, Suite 301
Rockville, MD 20852
Fax (301) 468-0987

If you have questions, e-mail jendicott@nacoa.org

***Run for Recovery, Run for the Children* Official Registration Form**
Marine Corps Marathon 10K – October 25, 2009

Last name _____ First name _____ Middle initial _____
 Address _____
 City _____ State _____ Zip _____ County _____
 Date of birth (MM/DD/YY) _____ Age on Race Day _____
 (circle one) Gender M / F U.S. Citizen? Y / N
 Military Service? Y / N Branch of Service _____
 Day phone _____ Evening phone _____
 E-mail Address _____
 Shirt Size Men's ___ S ___ M ___ L ___ XL ___ XXL Women's ___ S ___ M ___ L ___ XL ___ XXL
 ChampionChip # (if you own your chip) _____
 (check applicable) ___ 10K Anticipated finish time _____ hours _____ minutes

Please fill out the information below. Thanks!

___ Yes ___ No I will be attending the Pasta Dinner and Rally on 10/24/09, included in your commitment fee.
 ___ Additional attendees (\$25/each) Total attendees ___

Waivers and Disclaimers

I have full knowledge of and assume the risks (heat exhaustion, heat stroke, personal injury, etc.) involved in training for and participating in the *Run for Recovery, Run for the Children* in the Marine Corps Marathon 10K. I represent that I am physically fit and sufficiently trained to participate therein. Because you are relying on these representations and in consideration of your accepting my entry into the MCM 10K, I, for myself, my executors, administrators and assignees, do hereby release and discharge Faces and Voices of Recovery and the National Association for Children of Alcoholics, sponsors of the *Run for Recovery, Run for the Children*, and the respective officers, directors, agents and employees of the foregoing jointly and separately, from and against any and all actions, claims, demands or damages which in any way arise out of or result from my training for or participating in the MCM 10K and any-related events. I further agree you may subsequently use for publicity and/or promotional purposes, without any obligation or liability to me, my name and any photo of my participating in the Marine Corps Marathon 10K. I have carefully read and do understand the foregoing Waiver and certify that I am signing it of my own free will.

I agree to the above waivers and disclaimers.

Participant's signature _____ Date _____

Parent or Guardian's signature is required if participant is under 18 years of age
 _____ Date _____

All participants are required to provide a credit card number upon registration.

___ VISA ___ MasterCard ___ American Express
 Credit Card #: _____
 Credit Card Security Code: _____ Expiration date: _____

___ My commitment check for \$55 for the MCM 10K is attached.

___ I authorize you to charge my commitment fee at this time.

Signature: _____

I understand my credit card will be charged for the outstanding amount below the fundraising minimum required (\$500 MCM 10K or \$700 if utilizing one night at hotel) by race day. I authorize you to charge my credit card for the balance of the minimum amount required not raised by race day.

Signature _____