



ON TRACK TO
RECOVERY
5K WALK/RUN

SEPT. 19

2015

CRISIS & COUNSELING CENTERS

**170+ people
last year!**

September 19, 2015

Kennebec River Rail Trail · Augusta, ME

FREE

Must pledge to
fundraise at least \$25

\$12

Kids' 1K Fun Run
Age 2-11 (under 2 free)

\$25

Adult
Age 12+

\$2 off

Per person for
team of 3-8 people

Perks & Swag

- Free moisture-wicking T-shirt for online registrants
- Kids' 1K Fun Run
- Waive registration fee by fundraising
- Professionally timed results and prizes
- Kid Zone with ice-cream sundae bar, facepainting, fun photo shoots, disc golf, games and more!
- Free beverages and food, including Domino's Pizza
- Access to high-quality raffle items

Too many of our community members suffer from mental health or substance abuse issues in silence. Run or walk with us in honor of Recovery Month!

**Proceeds support our Client
Emergency Fund, which breaks
down treatment barriers**

WHO: Everyone! Families, athletes, walkers, teams, community members, strollers, clients and even leashed pets.

WHEN: Sept. 19, 2015, rain or shine
Check-in @ 7:30 a.m.
Kids' 1K Fun Run @ 8:30 a.m.
5K Walk/Run @ 9 a.m.

WHERE: Kennebec River Rail Trail,
31 Union Street, Augusta, ME.
Meet near Kennebec Valley YMCA.

Register online today:
www.crisisandcounseling.org/get-involved/5k