

## Title Sponsors

Best Care Treatment Services  
Serenity Lane

### Platinum

To Be Announced

### Gold

To Be Announced

### Silver

The Printing Post

### Bronze

To Be Announced

### *Interested in sponsorship?*

Contact Peggy Roberts  
at 541-480-4019  
for information.

 All dogs must stay leashed.

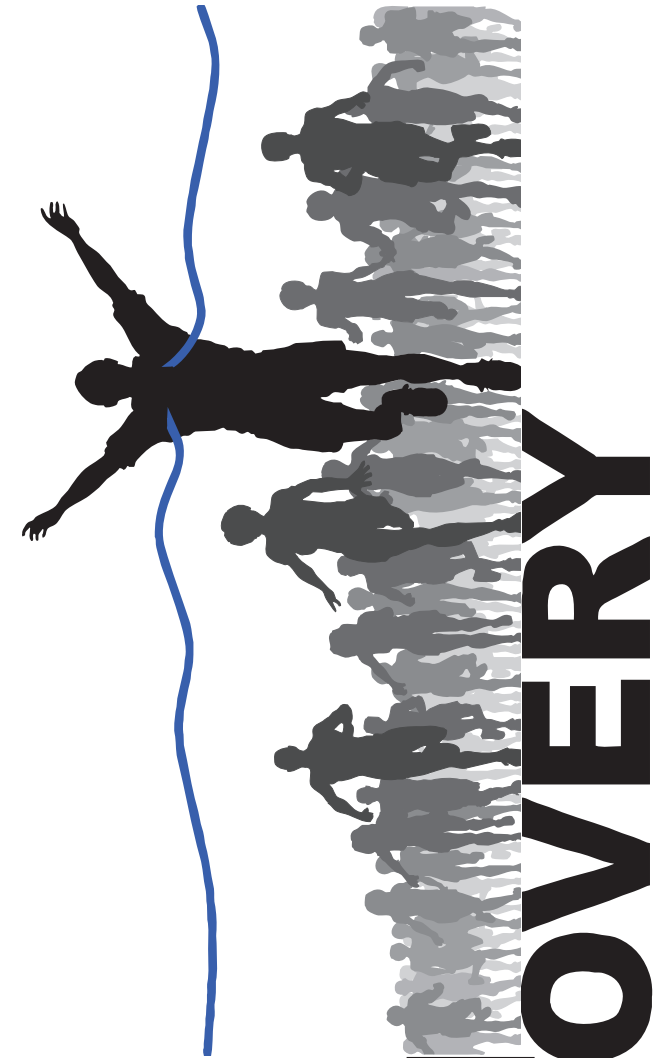
## Redmond Alano Club Mission

To provide a safe, sober environment  
for 12 Step Recovery Activities  
in Central Oregon.



In 2003, group of volunteers in Redmond, Oregon, created the Redmond Alano Club. This group provides a central location for 12 step support meetings to thousands of individuals each year. It helps them to recover from their addiction(s) and to rebuild their lives.

Find out more online at  
[www.redmondalanoclub.com](http://www.redmondalanoclub.com)



**5.4.19**  
**Redmond, OR**

**7th Annual**

**4RECOVERY**

### 3rd Year: Team Registration!

#### Race day and location:

Saturday, May 4, 2019  
American Legion Park  
850 SW Rimrock Way  
Redmond, OR

#### Packet Pick-Up 7:30am-8:30am

Pre-registered runners, pick up packets at race location, American Legion Park stage.

#### Race Day Registration 7:30am-8:45am

American Legion Park stage.

**Note:** Registration closes *firmly at 8:45am.*

#### 5K/10K race begins 9:00am

#### 1K Free Fun Run 10:00am

Children up to 12 years old.

All 1K Fun Run participants receive prizes.

#### After the race:

There is a raffle and silent auction, food, drinks, and awards for the top race finishers. *All runners receive a free raffle ticket for the post-race raffle.*

Proceeds from the race benefit the Redmond Alano Club. Alano Clubs are independent, nonprofit organizations that provide stable, centralized meeting places for 12 step recovery programs.

Clip here and mail registration with payment to Redmond Alano Club, P.O. Box 265, Redmond, Oregon, 97756

## Registration Information

Please fill out a form for each participant.

First \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Age \_\_\_\_\_ (at time of race)     Individual     Team (Team Name) \_\_\_\_\_

**Sign up online** at [www.redmondalanoclub.com](http://www.redmondalanoclub.com) or **mail registration and entry fee to:**  
Redmond Alano Club, PO Box 265, Redmond, OR 97756

I will be running / walking:     5K     10K

~~\$30~~ (rec'd by 5/19/17) — ~~\$40~~ (day of race)

**\$20 Foot Zone Special**  
(Prices good now until Feb 2<sup>nd</sup>)

~~\$125~~ Team of 5, \$25 per each additional

**\$100/\$20 Foot Zone Special**  
(Prices good now until Feb 2<sup>nd</sup>)

Team Captain \_\_\_\_\_

Donating to Redmond Alano Club \$ \_\_\_\_\_

Payment due with registration. **No refunds.**

In consideration of your accepting this entry, I hereby for myself, my heirs, and administrators, waive and release any and all rights and claims for damages which I may have or which may hereafter accrue to me, against Redmond Alano Club, Deschutes County, Redmond Park and Recreation District, the City of Redmond, and their respective officers, agents, representatives, and/or assigns, arising from injuries by me from participation in or traveling for this competition. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I am fully responsible for my children and dog(s). My dog(s) will be kept on a leash and in my control at all times, and I am responsible for picking up after it/them.

\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent/guardian if participant is under 18

\_\_\_\_\_  
Date