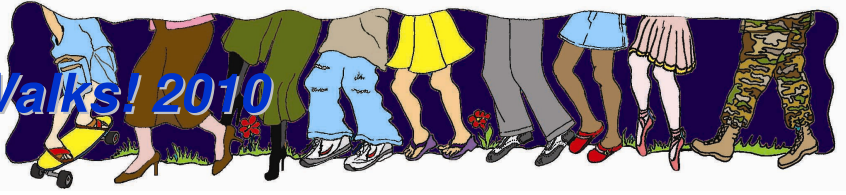




## Recovery Walks! 2010



# PRO-ACT Recovery Walks! 2010

## Saturday, September 25th

Join thousands of people across the country  
Celebrating National Recovery Day on Saturday, September 25th

### Who May Walk?

*Anyone who wishes to show support of the recovery community and what they are achieving! You don't have to be in recovery yourself. Walkers will include those recovering from addiction; ambassadors for recovery; family members; friends; allies; providers; and many others.*

---

**Date:** September 25, 2010  
**Location:** Penn's Landing  
**Distance:** 1.5 Miles through Historic Philadelphia

**Walker Check-In Begins:** 7:00 am  
**Opening Ceremony:** 8:30 am  
**Official Walk Start Time:** 9:00 am  
**Official Program Follows the Walk**

---

## WHAT IS PRO-ACT?

**Pennsylvania Recovery Organization—Achieving Community Together (PRO-ACT)** is a well-respected, highly visible, and vibrant grassroots organization for people affected by substance use disorders and their families. Membership includes individuals in recovery, family members, and allies throughout Southeastern Pennsylvania. PRO-ACT members “put a face on recovery.”

By being public about recovery and through the power of personal stories, our membership is an incredible teaching and healing force. PRO-ACT works to shape public policy, reduce the stigma of addiction, and actively promote recovery through community programs and activities. PRO-ACT ([www.proact.org](http://www.proact.org)) provides hope!

## WHY JOIN THE WALK?

Funds raised by the Walk will go toward serving the recovery community with services designed to help people access and sustain long-term recovery. PRO-ACT provides these services in the counties of Philadelphia, Bucks, Montgomery, Chester, and Delaware, as well as through our three recovery community centers—in Philadelphia, Bristol, and New Britain. In addition, PRO-ACT will use the proceeds to continue to educate the public and media; raise awareness; fight stigma; provide individual recovery support; and advocate at the state, federal, and local levels.

Over the past two years alone, more than 26,000 hours of PRO-ACT services have been received by individuals in our communities to help them access and sustain long-term recovery from addiction. PRO-ACT staff and volunteers have contributed more than 11,000 hours working to raise awareness about recovery through organizing special events, educating the community, influencing public policy, and celebrating recovery by serving on a variety of workgroups and committees.

**Recovery is REAL!**

PRO-ACT Administrative Office 252 West Swamp Road, Unit #12 Doylestown PA 18901 PH: 215.345.6644 FX: 215.348.3377  
PRO-ACT Philadelphia Office 444 N. 3<sup>rd</sup> Street Suite 307 Philadelphia PA 19123 PH: 215.923.1661 FX: 215.923.2216

[www.recoverywalks.org](http://www.recoverywalks.org)



## Recovery Walks! 2010



# PRO-ACT Recovery Walks! 2010

## General Information

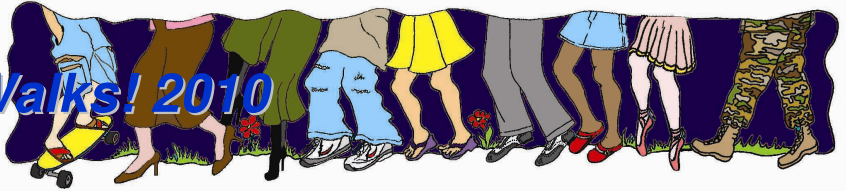
- Companies, organizations, and families are encouraged to organize teams of walkers made up of employees, organization members, relatives, and friends to take part in the walk. Team Captains must complete a Team Captain Registration Form.
- Team Captains can register a team at [www.recoverywalks.org](http://www.recoverywalks.org). Team Members are then able to log into the Team Page, register as a Team Member, enter and track their fundraising progress.
- Individual walkers can register online at [www.recoverywalks.org](http://www.recoverywalks.org).
- All participants are encouraged to set a fundraising goal, collect donations from family members, friends, co-workers, and business associates in support of their participation in the walk.
- Walkers have the ability to designate a portion of the proceeds to specific local PRO-ACT activities and track their fundraising progress online at [www.recoverywalks.org](http://www.recoverywalks.org).
- Walkers raising \$50 or more will receive an official Recovery Walks! 2010 T-shirt. Walkers raising \$500 or more will receive a Recovery Walks! 2010 sweatshirt.
- Teams are also able to order their own specifically designed T-shirts at a reasonable rate. More information is available when you register your Team on the Website.
- Team-building and fundraising materials are available on the Recovery Walks! Web site at [www.recoverywalks.org](http://www.recoverywalks.org). **Click on Get a Walk Kit!**
- Recovery Walks! 2010 is a rain or shine event.
- All contributions are 100% tax deductible.

Need assistance with registering a Team?

Call or email **Katie Boynton** at **(215)345-6644 ext 3105** or **kboynton@bccadd.org**.



# Recovery Walks! 2010



## Team Captain Registration Form

\_\_\_\_ Yes, I will organize a team of walkers to participate in Recovery Walks! 2010 at Penn's Landing in Philadelphia on September 25, 2010.

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

Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Preferred Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

Please list the name of the family, business, or organization your team will be representing in the walk:  
\_\_\_\_\_

Team Name, if you have one: \_\_\_\_\_

Your team *goals* are:

# of Walkers: \_\_\_\_\_ Donation per walker (we suggest \$50 per individual): \_\_\_\_\_

Team goal (number of walkers x average donation): \$ \_\_\_\_\_

### I want my proceeds to support the following PRO-ACT program(s):

- |   |  |
|---|--|
| <input type="checkbox"/> All PRO-ACT activities                   | <input type="checkbox"/> Bucks County Chapter      |
| <input type="checkbox"/> Philadelphia Recovery Community Center   | <input type="checkbox"/> Chester County Chapter    |
| <input type="checkbox"/> PRO-ACT's Recovery Training Center       | <input type="checkbox"/> Delaware County Chapter   |
| <input type="checkbox"/> Southern Bucks Recovery Community Center | <input type="checkbox"/> Montgomery County Chapter |
| <input type="checkbox"/> Women's Recovery Community Center        | <input type="checkbox"/> Philadelphia Chapter      |

Your contribution is 100% tax deductible. Proceeds after expenses will be applied to your chosen PRO-ACT program. **Make all checks/money orders payable to PRO-ACT and mail to: PRO-ACT Recovery Walks! 252 W. Swamp Road Unit 12, Doylestown, PA 18901.**

#### EACH PARTICIPANT IN WALK MUST SIGN:

**WAIVER:** I, for myself, my heirs, and executors, in consideration of any participation in RECOVERY WALKS! 2010 one and a half (1.5) mile walk for recovery, hereafter called the event, hereby release and hold harmless PRO-ACT and BCCADD and others connected with this event, including sponsors, cities, municipalities, employees, volunteers, or agents collectively called the event group, from any and all claims for damages or injuries which I may suffer in connection with the event. I hereby certify that **I am in good condition and am able to walk in this event.** Additionally, I will permit the use of my picture in broadcast, print, and other media. This entry is invalid unless signed by the entrant. If the entrant is under 18, a parent or guardian must sign entry. An adult must accompany children under 8 years of age.

Signed \_\_\_\_\_ (by Parent/Guardian if under 18)

Date \_\_\_\_\_

#### Mail completed form to:

**Heidi Gordon  
Women's Recovery  
Community Center  
25 Beulah Road  
New Britain, PA 19123  
215-489-6120  
Fax: 215-489-6124  
hgordon@bccadd.org**



## Recovery Walks! 2010



### Successful Team Building for Team Captains

All of the materials you need are available online at [www.recoverywalks.org](http://www.recoverywalks.org). On the Web site you will find such tools as:

- Steps for Successful Team Building for Team Captains
- Suggested Strategies for Building a Family and Friends Team
- Suggested Strategies for Company/Organization Team Captains
- Fundraising Tips For Teams
- Sponsorship Opportunity Levels
- Offline Team Captain Registration Form
- Offline Walker Registration Form
- Offline Walk Volunteer Commitment Form

If you do not have access to the internet, we will help you get what you need to get started.

---

- **Attend a Team Captains' Kickoff Meeting.** Go to [www.recoverywalks.org](http://www.recoverywalks.org) to find out when events are scheduled in your area. You will receive more instructions on how to organize your team including registering online, fundraising suggestions and how to track your Team's progress.
- **Register yourself as a Team Captain.** Go to [www.recoverywalks.org](http://www.recoverywalks.org). Registering online is quick and simple. *If you don't have internet access, simply complete and return the registration form provided.*
- **Decide what kind of team you want to build.** For example, do you want to build a family-and-friends team, company team, organizational team, faith-based team, union team, treatment center team, or a combination of walkers? You may wish to name your team.
- **Get the word out about Recovery Walks! Inform everyone you know about Recovery Walks! 2010 and recruit walkers.** Make sure that everyone knows why you are raising money for PRO-ACT and explain what PRO-ACT does. See the Web site for more information on all the programs PRO-ACT offers to educate and advocate for individuals and families affected by substance use.
- **Team members can register themselves.** Your team members should register online themselves, even though you list them on your registration form. If they don't have computer access, they may complete a Walker Registration Form with the waiver and you can send it to the local Walk office.
- **Make a plan for how you will reach your fundraising goal!** See Fundraising Tips for Teams, available on the website.
- **PRO-ACT has engaged a vendor to produce affordable individual Team T-shirts** to encourage team unity. Information regarding this option will be available at the Team Captains' Kickoff Meetings.
- **Show your gratitude** by writing (or e-mailing) everyone a thank-you letter. You are encouraged to include the fundraising results for your team. Also include pictures from the day if you can.
- **Celebrate the important role you, your family and friends** are playing in the fight for all those overcoming substance use disorders and know that PRO-ACT, its participants and staff, is very grateful for your efforts and support of the **Recovery Walks! 2010**.



# Recovery Walks! 2010



## Walker Registration Form

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

Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Preferred Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

### I am participating as:

- Individual Walker
- Team Member Walker/Team Name: \_\_\_\_\_
- I cannot attend Recovery Walks! 2010, but I have enclosed my donation in the amount of \$ \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_ Money Order

**Make all checks/money orders payable to PRO-ACT and mail to: PRO-ACT Recovery Walks! 252 W. Swamp Road Unit 12, Doylestown, PA 18901.**

**Do YOU have 10 or more years of Recovery? Join the Honor Guard!** The Honor Guard leads the Walk and recognizes every person with 10 or more years of recovery. Honor Guard members wear a purple sash with their number of years in recovery.

Will you walk with the Honor Guard? \_\_\_ Yes \_\_\_ No If Yes, How many years of recovery \_\_\_

### I want my proceeds to support the following PRO-ACT program:

- |   |  |
|---|--|
| <input type="checkbox"/> All PRO-ACT activities                   | <input type="checkbox"/> Bucks County Chapter      |
| <input type="checkbox"/> Philadelphia Recovery Community Center   | <input type="checkbox"/> Chester County Chapter    |
| <input type="checkbox"/> PRO-ACT's Recovery Training Center       | <input type="checkbox"/> Delaware County Chapter   |
| <input type="checkbox"/> Southern Bucks Recovery Community Center | <input type="checkbox"/> Montgomery County Chapter |
| <input type="checkbox"/> Women's Recovery Community Center        | <input type="checkbox"/> Philadelphia Chapter      |

Your contribution is 100% tax-deductible. Proceeds after expenses will be applied to your chosen PRO-ACT program.

#### EACH PARTICIPANT IN WALK MUST SIGN:

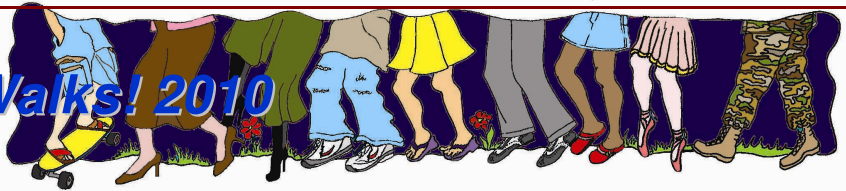
**WAIVER:** I, for myself, my heirs, and executors, in consideration of any participation in RECOVERY WALKS! 2010 one and a half (1.5) mile walk for recovery, hereafter called the event, hereby release and hold harmless PRO-ACT and BCCADD and others connected with this event, including sponsors, cities, municipalities, employees, volunteers, or agents collectively called the event group, from any and all claims for damages or injuries which I may suffer in connection with the event. I hereby certify that **I am in good condition and am able to walk in this event.** Additionally, I will permit the use of my picture in broadcast, print, and other media. This entry is invalid unless signed by the entrant. If the entrant is under 18, a parent or guardian must sign entry. An adult must accompany children under 8 years of age.

\_\_\_\_\_  
Signed (by Parent/Guardian if under 18) Date

\_\_\_\_\_  
**Mail completed form to:**  
**Sean Brinda**  
**PRO-ACT Recovery Walks!**  
**Registration**  
**252 W. Swamp Rd. Unit 12**  
**Doylestown, PA 18901**  
215-923-1661  
Fax: 215-923-2216  
sbrinda@bccadd.org



# Recovery Walks! 2010



## WALK VOLUNTEER COMMITMENT FORM

\_\_\_\_\_ **Yes!** I will volunteer some time to help out for *Recovery Walks! 2010*

### PLEASE PRINT CLEARLY

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

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

I am interested in:

- Serving as a committee member
- Helping to identify and/or contact potential Sponsors for the Walk
- Getting other families I know who are touched by addiction involved in the Walk
- Organizing a family or workplace-based team of walkers
- Helping at Penn's Landing on the day of the Walk, September 25
  - T shirts                       Food and refreshments
  - Registration                       Honor Guard
  - Voter Registration and Information                       Set-up/Clean Up
  - Other (music, entertainment, photography, etc. on day of the Walk)

(Please explain): \_\_\_\_\_

Thank you so much for your interest. Please mail or fax this form to:

**Geoff Jackson**  
**PRO-ACT**  
**444 North 3<sup>rd</sup> Street, Suite 307**  
**Philadelphia, PA 19123**  
215-923-1661  
Fax: 215-923-2216  
gjackson@bccadd.org

