

DAVID LEWIS 5K RUN/WALK



A CELEBRATION
OF RECOVERY

FOURTH ANNUAL

Sponsored by



ROCKLAND
TRUST

Entry Fee: \$25 Individual / \$60 Max per Family

7:30 - 8:30 AM: Raffle Ticket Sales
Children's Registration
Late Entry Registrations

8:45 AM: Children's Race age 5 & under
(1/60 Yard)

8:45 AM: Children's Race age 6 -12
(2/3 Mile)

9:00 AM: Shotgun Start

10:30 AM: Runner Awards Ceremony
Raffle Winners Posted

11:00 -11:15 AM:

Chris Herren

A Message of Hope & Recovery

11:15 AM: Walker Awards Ceremony

JOIN THE VOICES FOR RECOVERY

CELEBRATE NATIONAL RECOVERY MONTH

with Chris Herren at the 4th Annual David Lewis 5k

Saturday, August 30th at 9 AM

Food, raffles, awards, music and fellowship following the event.



Special Guest

Chris Herren,

former Boston Celtic

from ESPN's
Emmy-Nominated

Documentary

UNGUARDED

Race proceeds benefit:

Gosnold
ON CAPE COD
PREVENTION | INTERVENTION
TREATMENT | RECOVERY

Register to run, walk, donate, or volunteer by visiting:

www.gosnold.org/upcoming-events

or contact Jodi Landers 508-540-6550 ext. 5241
jlanders@gosnold.org

*Give the Gift
of Recovery*

Gosnold on Cape Cod

GOSNOLD.ORG

508-540-6550

INFO@GOSNOLD.ORG

PREVENTION | INTERVENTION | TREATMENT | RECOVERY



A Family's Journey - A Community Celebration

The David Lewis 5K: A Celebration of Recovery

The intervention was well planned and rehearsed. Davey had started experimenting with marijuana at a young age. Recreational use quickly became a daily habit that launched him into an eighteen year battle of precarious living.

The entire family lived in fear for Davey's life. Addiction was not unknown to the Lewises. David Sr. has lived life in recovery for more than 37 years. Motivated by love, the family contacted Gosnold for help.

A Gosnold interventionist worked closely with the Lewises, guiding them through their emotions while working to develop a plan for Davey's intervention. Fully prepared, everyone gathered at Gosnold's Outpatient Counseling Center in Centerville. Tension was high with the further complication of a blizzard raging across the Cape. One by one the family told Davey how much they loved and needed him. They asked if he would be willing to enter treatment at Gosnold. Initially, Davey was reluctant; he felt he could stop using on his own. "You can; but you don't have to," said Gosnold's interventionist. Davey agreed.

Travelling through the blizzard, holding tightly onto his sister's hand, Davey was admitted to Gosnold Treatment Center for medical stabilization. Davey continued treatment at Miller House, Gosnold's extended inpatient care facility for men, where he welcomed the opportunity to focus on recovery management and sober living skills in a safe, supportive environment.

Davey embraced life in recovery. He enjoyed sober activities, repaired relationships, became a respected builder and finish carpenter, found the love of his life and got married. An avid outdoorsman, Davey used the power of nature as a source of strength and inspiration. Davey even joined a bowling league with his father. Together, the Lewis family found hope in healing.

At age 39, nearly eight years into his recovery journey, Davey suffered a massive heart attack and died. Davey had severe heart disease that had gone undiagnosed his entire life. Devastated by their loss but grateful for the rich and fulfilling life Davey's recovery provided the entire family, the Lewises felt an overwhelming need to share the hope, strength and experience that changed their lives forever.

September is National Recovery Month. Recovery month began in 1989 to help educate communities that prevention works, treatment is effective and people can and do sustain long term recovery. The David Lewis 5K, a community celebration honoring the faces and voices of 23 million people living in recovery, kicks off this national celebration.

Since its inception, nearly 1,000 men, women, and children have come together from all over New England and as far away as Germany to participate in the annual Labor Day weekend event. Sharing hope and recovery, the Lewis family's grief begins to heal as hundreds travel the 3.1 mile course proudly celebrating what recovery means to them.

Race proceeds help support treatment for those in need. By supporting Gosnold, the Lewis family celebrates life in recovery and encourages those who still suffer to seek treatment.

This year, Chris Herren, former Boston Celtic, will join the celebration on Saturday, August 30th. The family friendly event, sponsored by Botello Lumber, offers free T-shirts to the first 200 registrants; music, raffles, awards, and food following the event. Volunteer and sponsorship opportunities are available for those who are unable to run, race or walk the course. Contact Jodi Landers at (508) 540-6550 ext. 5241 or visit www.davidlewis5k.com for more information.