

Run Drugs Out of Town Run



How to Stage a Successful Run Drugs Out of Town Run In Your Community

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Preface

“You must become the change you want to see in the world.”
-- Mahatma Gandhi

Drug abuse affects us all. It is not just the one with a needle in their arm or too drunk to walk a straight line. It is all of us who are affected by their behavior. It is all of us who modify our behavior to allow them to go unchallenged.

The guide book used in Al-anon, the offshoot of Alcoholics Anonymous that addresses the problems of those who live with the alcoholic, is “Courage to Change”. Just like the alcoholic or addict (not that there is a big difference) who chooses to change each of us that seeks a better drug free life for ourselves and those around us must choose to change the way that we ignore the problems around us. The fact that you have chosen to read this is an indication of your own willingness to change. Following through with the process laid out in this manual will be proof to others that change is possible and positive change can be affected by anyone who chooses to do so.

The steps given here come from trial and error and we are fortunate that we have been able to learn by other people’s mistakes. Each time we have helped another group stage a Run Drugs Out of Town Run we have learned more than we hoped for and we expect that experience will help you to do a better job and succeed at this endeavor.

As you go through the process, ask questions. That is essential. Don’t worry whether or not yours is a good question because there is no such thing as a stupid question, except maybe the one you are afraid to ask. We have handled plenty of questions to this point and in all likelihood we have fielded your question before and as such will have the answer ready to fire right back at you. For the ones that are new even to us we thank you. Those are the questions that everyone who tries to stage The Run after you will benefit from.

Follow this guide and remember that it is only that, a guide. Be creative, be adventurous and don’t be afraid to add something that will make your event even better. As you go through the process talk to everyone. We have found that most people want to help. They may not have the money to spare but most will do what they can to help. You may also be amazed to find how many people will tell you how long they have been clean and sober.

Finally, remember that the ultimate goal with this project is to change the world. If you follow through you will succeed and we expect you will find that as much as you are changing the attitudes about drugs in your community the greatest change will come from your own growth in doing this.



Make a commitment

“The journey of a 1,000 miles begins with a single step” - Lao Tse

Anyone can say that they are for drug abuse prevention or that they want a Run Drugs Out of Town Run to happen in their community. Only those who are willing to make a commitment to this will have a chance of succeeding. If you can't make a commitment to stage The Run then you probably won't even need to look at the next steps.

A major part of drug abuse prevention is learning to make choices, set goals and accept responsibility for those choices and goals. Your commitment to stage this event shows that you can make choices. Going through the process you will need to work with a series of goals in order to get things completed on schedule and to be prepared to move on to the next step. We trust that if you have gotten this far you will also be responsible enough to follow through and make it happen.

Once your group has decided to stage an event there are others, the powers that be, who you will need to convince they should make the same commitment. If you are part of a SADD chapter you will want to start with your faculty advisor and of course your school's principal. If you are a group of teens you will need to convince these people that you are committed and that this is something you can be successful with.

That is why we have laid out the steps you need to do. You should find after reading all the steps that this is an easy outline to follow. That does not mean that there is no work involved. There most definitely is and that is part of the experience you will gain.

Once your group has made the commitment and you have the support of those in charge you are ready for the next step, set a date.

IMPORTANT ADDRESSES:

To learn more about making choices, setting goals and accepting responsibility for them go to: <http://onlinemadame.com> and take the mini-course offered there.

If you are a teen or tween there is another version of this program geared more to you. Go to: <http://tnttime.com>



Everyone wins a medal at our events and you can also win great prizes too like this autographed football .

Set a Date, Time & Place

"Not everything that is faced can be changed, but nothing can be changed until it is faced."
-- James Baldwin

First things first, you will need to set a date. It will give you a goal to work toward and let you know how much time you have left to do everything else. More than that you will need a date in order to invite runners.

In Arizona April is "Drug Abuse Prevention Month" by proclamation of the Governor which makes April a good month to go with. Other than that any time is a good time to stage the Run Drugs Out of Town Run. It could be as part of a pre-existing school festival or a community 4th of July celebration. Whenever you choose to stage your event we will be available to help you make it happen.

You will have to clear your date with the principal and the athletic department that schedules the track you will want to use. It is also a good idea to clear it with the elementary school principals from the schools you will be inviting. You don't want to run into a scheduling conflict with one of their events.

Before you go to those higher authorities be sure to have one or two alternative dates. That way you won't have to go back to committee if your date is rejected. Bear in mind that you will only need the track for about two to four hours. With that in mind you may be able to use the track in the morning that a game or track meet is scheduled for the same afternoon. You could even schedule The Run prior to a football game if that works well in your area.



We don't time The Run because simply being there makes you a winner

One thing that the Scouts will tell you is "Be Prepared". It doesn't matter where you are or what kind of weather you should expect, you may want to set a rain date. It is not necessary because runners will run in a light rain too but depending on where you are this is worth considering. We had an event in Arizona, during the dry season where it rained all morning. The runners who came were wet but they all went home with smiles on their faces and medals around their necks.

The time is important too. If you are adding a 5K run to attract more serious runners (we don't recommend this unless you have prior experience) you will want an earlier start time. If your event is mainly for kids and on a high school track then you can start as late as 10:00 am or even after school. If you have a half mile or mile run for teens it is best to do that first and leave the quarter mile for last.

For the quarter mile run if you have 200 or more runners it is a good idea to start a new group of 50 or 100 every 10 or 15 minutes. That way there will be space for everyone and you won't be overwhelmed at the finish line. It also allows those who manage to be a little late to still participate.

In order to have an event you need a place to have it. Your high school or community college track is a good place to be. They are usually a quarter mile track around a football field (sometimes it will be 400 meters which is about equal to a quarter mile) and because it is a stadium it will most likely be enclosed and parents will appreciate that. You will appreciate that too as it makes it easier to control the crowds.

If you are having a kids run we recommend a quarter mile run. For most elementary school kids that is a distance they can complete even if they don't run every day. If you are inviting teens from your middle or high school you may want to consider a half mile (two laps) or mile run/walk (four laps). You can also invite families to participate at these distances. We do not recommend trying a 5K or 10K run/walk unless someone in your group has experience working events at that distance. For the quarter mile run there is no need to have a timer. You can if you want so runners will see how fast they ran as they cross the finish line. For longer distances you may want that timer. Especially if you want to attract serious runners. (Most serious runners use their own watch to track their times.)

You will need permission from the school administration and they will probably want to clear it with the athletic department first. Don't wait on this because track meets and ball games are scheduled long in advance and you may not be able to get the date you want. Remember that you will not need it for the whole day and if your race time is 9:00 am you will be gone well before noon.

Be sure to find out if they can provide tables and chairs. You will need them for registration. Be prepared to leave the track and the stadium in the condition it was presented to you. Please do not leave things, especially litter behind. It will not reflect well on you or us. Remember that you are trying to show everyone that you are responsible members of the community.





Raise Some Money



“To see what is right and not to do it, is want of courage.”--Confucius

Our goal is twofold, to raise awareness of and money for drug abuse prevention. The awareness part comes simply from getting the word out to the community. The money can be a little more of a challenge, but even for a group of teens it is possible to raise a good sum.

First, contact the County or District Attorney along with the Sheriff and local Chief of Police. Your efforts will help to make their jobs easier so they should be willing to do whatever they can. They often can provide entertainment or educational materials for your event. More than that they can often give you some money. Most areas take the money confiscated in drug busts and give that back to prevention and treatment programs. Here in Maricopa County in Arizona the County Attorney will give up to \$20,000. Your area may not have as much to give and there may not be any money available but don't be afraid to ask.

The police who will usually like the idea of The Run may also provide a police presence at your event. This is helpful sometimes in getting a permit if you go out onto the street or start in a public park. It is also helpful for them providing good public relations.

Next, work locally. You may not get Pepsi to fund your whole program but the local Pepsi distributor may want to help. Local outlets of larger chains are a good place to start. We know that local WalMart stores can offer a \$1,000 matching grant for a program they choose to support. Target stores will generally give \$250 if your request comes on your school's letterhead. Supermarkets are another place to go in larger communities you may be able to get \$1,000 and in smaller ones only \$100. Don't worry how much because it will all be useful.



Getting off to a good start.

Many restaurants will give you a 10% day where anyone who comes in with your coupon will have 10% of their bill forwarded to your program. Stores that cater to kids will also give 5% or 10% days to causes they choose to support. All you have to do is ask. You may be able to make arrangements with local restaurants so that any one wearing the T-shirt or medal will get a discount on the day of your event and the restaurant can match that with a donation to your effort.

Ask around. You will be surprised how many contacts you have right there in your

school. Someone's parent may work for or know the person who makes decisions about what the company will support. You may also be amazed and how many people in a position of authority will tell you how long they have been in recovery. These can become your strongest supporters as people who have been through the process tend to be concerned about making sure others don't have to make the same mistakes.

Local businesses are a good place to ask for support as they are the ones who will benefit most directly by your efforts. Ask for a sponsorship at \$100 to \$1,000 depending upon your area. If that doesn't work ask the owner to sponsor a runner at \$12.50 or \$15.

Be prepared to be rejected though because you are not the only one who will ask them to support their program. The more visible a business is the more often charities will approach them. If their budget will not allow for another sponsorship ask for a donation of a product or service for your raffle. Depending on where you ask you may be able to get anything from a bicycle to a \$5 gift certificate book from you local McDonald's. Be sure to let them know that everyone will hear that the prize was donated by them.

Get email addresses. If you have your volunteers call local doctors and businesses to get their email address we will help you out by sending them emails. Besides sending information about your event we will challenge the doctors to sponsor their patients who want to run. We will also challenge the businesses to sponsor your event or at least donate a prize for your raffle. Be sure to check the phone scripts in the back of the book.

Finally, you also get to set the application fee for your event. We ask for \$10/runner to cover our expenses including the T-shirts and medals. You can charge whatever your market will bear. Most charge \$12.50 or \$15. Anything you collect above the \$10 we ask for is yours to use as you see fit. Everything else you collect is also there to use for your own prevention program.

When you set your fees we suggest that you have two fees, one for those who pre-register by 10 to 14 days before the event and a higher fee for those who register late. This will encourage everyone to get their applications in early.

You can have a fee of \$12.50 or even \$15 and then a late registration fee of \$15 or \$17.50. The prices depends a lot on your area and you can get a better idea of what to charge by picking up applications for other runs.

IMPORTANT ADDRESSES:

We also have several ways for your school or organization to create income during the year. These will allow people who want to support you to do so without dipping into their pockets. To find out more send us an email.

REMEMBER: Get email addresses



“We live in a world in which we need to share responsibility. Its easy to say ‘It’s not my child, not my community, not my world, not my problem.’ Then there are those who see the need and respond. I consider those people my heroes.”- Fred Rogers

Once you have a date and a track you will need volunteers. You cannot have too much help and the more runners you have the more help you will need. To get started you will need the core group or planning committee. This can be anywhere from three to ten or even more. Then the closer you get to the event the more people you will need to help out.

Some of the jobs to fill include:

Speakers to go back to their elementary schools and pre-schools and invite the kids.
This can be done by parents or teens going back to their elementary school.

Phone callers can contact every potential sponsor by phone to get their email address so that we can send them information. You cannot have too many people helping with this one.

Registration will take two to three people on each line. This way you will be able to get the right T-shirts out and while one person is registering a runner the second can be getting the name of the next runner to help keep things moving smoothly.

Computer work: entering all the applications and emails onto a list and handling emails.

Ordering literature by fax, phone and online as well as T-shirts and medals

Race Starters to get everyone to the starting line and to pass out the medals when they cross the finish line.

Supervisors: ultimately this will be the responsibility of the faculty advisor but students can be in charge of registration, literature, crowd control

Extra Help: remember you can't have too much help and you may find that as you go through the event you will need to move people around to where they are needed most.

Performers: Anyone in your school who juggles, does magic or anything else that can entertain kids while they are waiting will be a asset to your event. They can also be quite useful with crowd control.



*"There is nothing in a caterpillar that tells you it's going to be a butterfly."
-- R. Buckminster Fuller*

Anyone who goes home with a medal from your event will have a memory that will last a lifetime. Even so it will be a better memory if you add some entertainment. This will also encourage people to stick around for your raffle and to get more of the free literature that you will have out.

Every high school has students who have plenty of talents. Ask around and you will find jugglers, puppeteers, ventriloquists and plenty more. Most who have a talent will jump at the opportunity to show it off. You can also add live music at one end of the infield.

One great place to find entertainers is in the back of parenting magazines. That is where everyone who does kids birthday parties advertises. Call them all and invite them. Let them know that there will be plenty of kids and parents at your event. You may not even have to pay any of them. Just let them know that they are welcome to come and perform and that they are free to pass out their business cards. You will only get the ones who are not booked at the same time as your event but they stand a good chance of booking a couple of parties while they are there.

Most of these entertainers may not want to commit to your event ahead of schedule because they will want to leave the date open for a paying job. Even so try to get some kind of commitment from them even if it is just to say that they will be there if they are available at that time. This way you will be better prepared when you are ready to start your event.

These entertainers can be a tremendous help to you. While you are doing registration they can keep everyone busy. You can also use them to pull crowds in whatever direction you need them moved.





“As long as you can find someone else to blame for anything you are doing, you cannot be held accountable or responsible for your growth or the lack of it.” – Sun Bear

Drug abuse prevention is a cause that most businesses and professionals will want to support. It is good for the community and it is good for business. Drug abuse costs over \$400 billion a year in lost work time, injuries and lost productivity as well as enforcement.

There are three directions you can take in looking for sponsors for your event. First is corporate sponsors. These are the businesses that will make a large enough contribution to get their logo on the back of your T-shirts. The contribution can range from \$250 or \$100 on up depending upon the size of your community and local economics. You may even find a "Presenting Sponsor" who will have their name across the top of the T-shirts for a donation of \$1,000 or more.

You do not have to find corporate sponsors. The back of the T-shirts can also be printed with just your school or club as the sponsor or you can just leave the backs blank.

The second direction you can take it to ask each business and professional (chiropractors, pediatricians, dentists, orthodontists, lawyers, accountants, etc.) to sponsor a runner. Most small business people, as much as they may want to help, do not have the budget to give to every group that asks. Ask local chiropractors, dentists, pediatricians and the like to sponsor any of their patients who want to participate. This will involve them taking the \$12.50 or \$15, or even a part of the entry fee from the next visit with that child and sending it in with their race application. Any doctor concerned about their young patients will be especially concerned about them getting involved with drugs.



There is no age limit. If you can get around the track you can win

Again be sure to check the phone scripts at the back of the book.

If you can compile a list of email addresses of chiropractors, dentists, orthodontist, pediatricians and any other professionals or businesses in your area we can help you get in touch with them. All you need to do is have volunteers call, introduce themselves as working on the Run Drugs Out of Town Run on whatever date you chose and ask to get their email address in order to send them more information. Doctors are very busy people and most appreciate getting an email that they can read when they have the time to do so.

We will email the doctors and challenge them to sponsor their patients in your event. They can download your application from our site and keep it at their front desk. We will also email businesses and ask them to sponsor your event or donate a prize for your raffle. We will also send the doctor a handbook showing them how to deal with their patients drinking problems.

Children who want to run can ask also anyone to sponsor them. Additional people who don't have a kid to sponsor can be used to sponsor a kid whose family cannot afford the entry fee.

For those in Arizona there is an extra incentive to sponsor runners. In Arizona it is possible to set up your event so that any person who pays the application fee or donates to your cause can receive a tax credit on their state income taxes. To find out more about this go to: <http://rundrugsoutoftownrun.org/Arizona.html>. If you know of a similar program in another state please let us know.

Third, ask for prizes. This is usually easier to get products or services from a business because it can cost them less to give you something and they get recognition (advertising) for doing so. Target will give up to \$250 in merchandise to a school. Local WalMart stores can give a matching grant of up to \$1,000. Restaurants may give you complimentary dinners. You may also get movie passes, sports equipment and anything else that a local business may have to offer.

We are always looking for sponsors to donate prizes and this year we expect to give a computer to someone who has run in a Run Drugs Out of Town Run. We have also gotten some great prizes from professional sports teams. At the end of season we will have a big raffle with tickets from all the events where we will give away the big prizes. You can easily get some nice prizes locally to raffle off at your event too.

Anyone who runs in an event is entered into our season ending drawing and could be a big winner. Anyone who is at your event could also win a great prize donated by businesses in your community. It could be a free pizza, dinner, movie tickets, sporting equipment or even more.

You can also ask each pizza place in your neighborhood to donate a pizza party to the classes that have the most runners. Chains like Domino's, Pizza Hut and Papa John's will usually do so without question. This will also help when you go back to your elementary schools to invite kids to run. You will get greater participation if a teacher and their class know that they could win a pizza party. If you have three or four pizza restaurants who will do this you can even offer a pizza party to the best class in each school.

Many places offer coupons to their customers and will be glad to be involved with your project knowing that you can give their coupons to everyone who comes. You can add these coupons to your literature bags that can be given to every runner and parent who comes. It may be a two for one deal or a percentage off on the next purchase. Ask the merchants to give you \$25-50 to cover the cost of distributing them and be sure that they are passed out and not tossed

out.

When you speak to a business or professional it is a good idea to give them something too. We have a prevention program for employers and will be glad to send information to any business you contact. Just give us the address, phone number, email address and contact person and we will do the rest for you. You can tell them that our prevention program **WILL** save them money. (Studies have show that it can save a business \$5 to \$16 for each dollar invested).

We can also send information to doctors on how to deal with patients who may be affected by drugs or the abuse of drugs by someone close to them. There is no cost to your or the businesses for all this literature.

Next, call every local media outlet including weekly newspapers, magazines and the like and get their email addresses. You can find them at the exit of many supermarkets and other stores. We will send them press releases to let them know about your effort and get your event listed on their calendar. Since many of these are monthly publication you will want to notify them two months before your event so that it can be listed in their calendar.

Finally, tell everyone! The PTA, Rotary, Lions, Chamber of Commerce, Boys and Girls Club, YMCA, churches, little league, soccer league. We mean everyone. Even if they don't participate you will be getting the message out there and that is part of our aim.

REMEMBER: Get email addresses





*"The most important work to reduce drug use is done in America's living rooms and classrooms, in churches and synagogues and mosques, in the workplace, and in our neighborhoods."
President George W. Bush*

Part of the aim with The Run is to raise awareness about drug abuse prevention and to do that we will help you get plenty free literature to pass out at the event. There are plenty of free brochures, booklets, posters and even CD's and videos for kids as well as parents and teachers.

Shipping from most of the agencies we get literature from can take as long as four to six weeks. Even though they usually get things delivered in less time you should send in your orders six weeks in advance. To know how much you will need to order you should first have an idea of how many you expect at your event. You should also know that some of the literature has a limit on how many pieces they will ship. Most of the items can be had in amounts of 100 and some as many as 1,000 pieces.

Generally 100 is a good number to start with and you can go higher if you expect more people to show up. If there is a limit that falls below your needs you can always have a teacher or other supporter call and place a second order. Be prepared as you may order what is the ideal pamphlet for you and then find out at the last minute that it is out of print. That is one reason to order a variety of pamphlets and brochures.

You may be able to find a sponsor who will give you bags for the runners to carry things home in. If not an insurance or real estate company try asking a local super market for some of their bags. These will not only come in handy for anyone taking some of the literature but will also be good for kids who now have an extra T-shirt to bring home. As with the coupons ask for a \$25-50 donation to help your cause out.

The National Clearinghouse for Alcohol and Drug Information has a warehouse full of free literature and they are looking for people to give it to. You can order on line but you may do better to call them at 1-800-729-6686 so that you can speak with a live person. They will tell you what is in stock and how many copies of each you can have.

If you have a Pennsylvania address there are a lot more items that you can have access to. Just let us know and we will send you the information on ordering.

Be sure to check our literature list in the back of the book. It tells you some of the best items that are available and even so be prepared because some of them may be out of stock when you call.

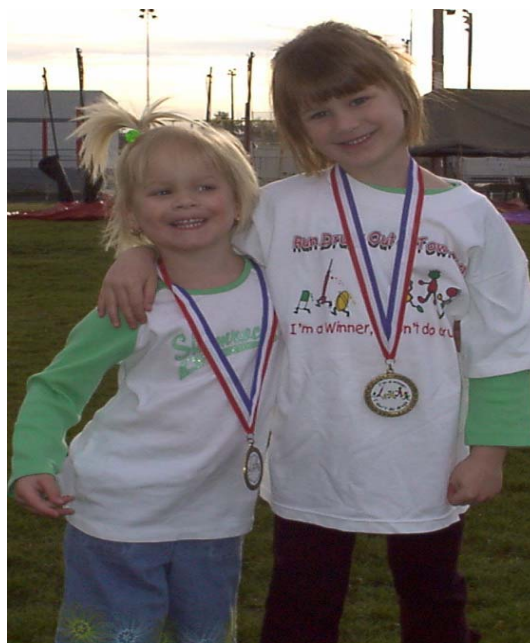
While you will be ordering literature for the event, as soon as you decide to stage the event is a good time to order gift items for teachers and businesses. There are some excellent teaching tools including CD's, workbooks and teacher's guidebooks that you can give to a teacher when you speak to their class.

For businesses there is an excellent workplace prevention package that is specifically designed for small businesses. It is filled with information that will help them set up their own prevention program on the job. Order the WORKIT from NCADI.

We have found an excellent alcohol prevention program called ALCOHOL 101 with interactive videos that is geared to college students but should work well with high school students too. You can order it from The Century Council.

For doctors we have a booklet that will help them with dealing with alcohol problems in their practices. This is an especially helpful tool as most doctors do not have the proper training to look for these problems.

For each of these you can have them on hand to give to the doctor, teacher or business person. Or if you prefer just get their email addresses and we will handle getting this information to them.



Everyone is a winner at the Run Drugs Out of Town Run



"You tell me, and I forget. You teach me, and I remember. You involve me, and I learn." - Benjamin Franklin

In order to invite anyone to your event you will need the invitations. For The Run that will be the race applications. You can view the generic application online at our web site and let us know what changes you need to make such as the school or club sponsoring the event, site, time, rain date, return address and application fee. Do not change the disclaimer at the bottom. Also clear the application with all the schools and school districts involved. We have had situations where we had to add a disclaimer that the event was not sponsored by the school district.

The application fee is the important one. We ask for \$10 per runner to cover the costs including the T-shirt and medal. From there you decide how much to charge. If you charge \$12.50 for every 100 runners you will earn \$250. At \$15 that would add up to \$500 for every 100 runners. That money is for you to use as you see fit. You also get to use whatever money you collect from businesses in your area who sponsor your event. We do suggest that you add a higher fee for people who register late so that if your entry fee is \$12.50 if turned in at least 2 weeks before your event, you can have a fee of \$15.00 if sent in late or for those who show up unregistered at the event. This will help you to get a better idea of how many to expect at the event.

Just email us with the information you want on your application. We will make those changes and post your application online. You can download the application and make copies to bring when you invite runners to your event. You can also tell everyone that they can download an application at your page too.

Getting the application is one thing getting the application out there is another. Be sure to work with local schools and you may also print up copies (black ink on colored paper is less expensive) to drop off at places that have applications for other events. This will attract more serious runners. To attract more kids have the applications in places where kids go.

IMPORTANT ADDRESSES:

Our basic race application is available at: <http://rundrugsoutoftownrun.org/race-application2.htm>. Use this only to get an idea of what your application will look like. We will add the info you send us and set up your application on our web site.



““There are no overachievers. We are all underachievers” - John Wooden

We recommend starting with elementary school kids as these are the most impressionable and with The Run we do want to impress upon them how important an issue this is. Timing is important with the invitations. You want to make sure that there is enough time to think about it but not too much time to forget about the invitation. You also need enough time to place the order for T-shirts and medals. To be safe you will want to have the applications out about four weeks prior to The Run.



First go to the principal at the schools you graduated from and make sure you have permission to speak to the students. Once you have cleared that go to each of the classes and invite the kids and their teacher to participate. Be sure to tell them that everyone who crosses the finish line will win a medal that says, "I'm a winner, I don't do drugs". Also be sure to tell them that their parents and grandparents and brothers and sisters and even their neighbors are welcome to run with them. Try to limit yourself to 5 minutes in each classroom. Teachers are often hard pressed for time and don't like to give up too much of it.

It may not be an Olympic gold medal but don't tell him that.

It is a good idea to bring some of the free literature for the teacher or a poster or two for the classroom. It is also good to tell them that the classes with the best participation will win a pizza party for the whole class. On this one you may want to consider including parents who run with their children when calculating the number of runners from a class. This will help to get more parents involved.

You can also invite kids from pre-schools in your area. So far we have had runners from 2 years old up to 73 year young. Make sure you bring applications for everyone. You can usually find a local printer who will print up 1,000 applications for free. Just tell them the cause that they will be supporting and allow them to add a line at the bottom saying that the applications were "*printed courtesy of their shop*" along with a phone number and address. We have gotten as many as 30,000 free applications for a single event this way. If there are not enough to go around or if parents and siblings want to run too they can download an application from our web site from the page we will set up just for your event.

One other thing. Be sure to talk about the prizes you will be raffling off at the event. If you haven't gotten them yet let them at least know they will have a chance to win some really cool prizes. When you call potential sponsors ask! You could get a bicycle, movie tickets, free dinners and lots more.

To do the raffle you can get a roll of 2,000 two part tickets at OfficeMax, Staples or Office Depot. Each runner gets one for free and you can sell extra tickets for a quarter or a dollar or whatever you choose to sell them at. Just have them put their name and phone number, including the area code. After your event send the ticket stubs with names and phone numbers on them to us so that they can be entered in our annual drawing. It will also help us if you let us know the numbers on the tickets you have used. This is actually easy to do as they are numbered in sequence. Simply write down the numbers on the first and last tickets you use. This will help us in contacting winners because there are always those who forget the area code of even the telephone number. Given the range of ticket numbers we will know which group to contact to find our missing winners if it happens.



To download our race application go to [http://rundrugsoutoftownrun.org/race application2.htm](http://rundrugsoutoftownrun.org/race%20application2.htm). We can also modify your application to show the time and place of your event. If you need help with that just email us at rundrugsoutoftownrun@yahoo.com and we will make the necessary changes for you and post your application online.

With the applications it is a good idea to have the principals at the schools you invited make reminder announcements especially the week before The Run. You don't want kids to miss your event. If you send us email addresses for the school principals we will send them regular reminders too.

REMEMBER: Get email addresses from the schools. They may even have a list of teacher's emails that we can use to send them information, encouragement and reminders.



T-shirts & Medals

*“It is not our abilities that determine who we are, it is our choices.”
- Albus Dumbledore*

You will need to order T-shirts and medals two weeks prior to your event. We do have a little leeway on that but since they have to be printed we will have a difficult time getting them to you with less than two weeks notice. Also if you want to have your school name or sponsors logo's on the shirts we will need the time to insure that you get them in time.

The T-shirts come in kids medium and large (kids small is too small to fit the graphics but don't worry the little kids will grow into the medium rather quickly). They can also be had in adult small, medium, large and extra large. While you can let parents run at a reduced rate without giving them a T-shirt or a medal we recommend that they wear one and win a medal too to emphasize the message we are trying to get across.

The back of the T-shirt is yours. If you have at least 200 pre-registered, two weeks prior to your event we can do the backs of your T-shirts in one black ink with whatever you choose to add at no extra cost. It can be your own logo or slogan, sponsors logos, date, time and location of your event. Being able to add sponsor's logos to the back of the shirts can help you to get more sponsors. You can ask for donations of a specific amount and in return offer to have their logo on the back.

The prices can vary depending on the size of your event, the size of your community and local economics. We recommend asking for \$1,000 or more for the top spot and then the event could be presented by that sponsor. Donations of \$250 or more can get a logo added and the size and position of the logo will depend upon the size of the donation. Depending upon the situation in your community you may even go as low as \$100 for this. We do recommend that you limit the number of logos to 12.

The medals are a little easier to get to you on time as we order them in larger numbers but they will still need to be delivered and even with FedEx that will take two days. We try to provide some extra shirts and medals because there are always runners registering at the event. These shirts may not have your sponsors on the back so use them only for late registrations. If you don't use them just send them back and we will reimburse you for them and use them at another event.

If you are lucky enough to have more runners than shirts and medals be sure to keep track of who did not get them. We will ship however many you will need and all you have to do is go back to the schools to deliver them.



“Become so wrapped up in something that you forget to be afraid.” -- Lady Bird Johnson

The likelihood of anyone getting hurt at your event is very small but just the same to protect your organization, the school and anyone else involved you will need to have insurance. If your school is staging the event you may be covered by their insurance but you will have to check to be sure.

If not we can help you get low priced event insurance through the USA Track and Field Association. Their rates depend upon how many runners you will be having at the event. Coverage for up to 500 runners is only about \$125. Since we are a member organization it may be possible for you to purchase this insurance through us. Because of processing time you will need to order this at least a month prior to the event.

To get the insurance you will need to verify that you will have medical coverage at the event. Given the list of pediatricians and chiropractors you have already contacted we should have no problem finding one willing to be there for you. Most doctors will welcome the opportunity to volunteer at an event like this as it will give them excellent exposure and possibly a few new patients.





“Opportunity is missed by most people because it is dressed in overalls and looks like work.”
- Thomas A. Edison

This is what you have worked for and this is what it all comes down to. The day before make sure that you have everything and all the volunteers you will need.

Whatever time you have set for The Run you should have registration scheduled an hour before that and just to be sure you should be there another thirty minutes before that to make sure you are ready when the runners show up. Runners do tend to be early.

Set up the registration table and break it down into four or more lines. You can decide which letters of the alphabet to have in each line by looking at the print out of the list of runners. If you have more than 100 runners you may want to stage two or more heats so you don't have to handle everyone on the track at the same time. That will take some of the stress off the people handling registration as runners won't have to worry about missing The Run.

T-shirts should be behind the registration table in boxes marked by sizes so that you can get the right one quickly. For a larger event it is a good idea to have a volunteer or two back there to hand T-shirts up to the table as needed.

The medals will be needed near the finish line and since it is a short run they should be there when the runners start so that you have them ready to go when the runners finish. They come in bundles of 10 fastened with a rubber band and they do separate easily so they can be passed out rather quickly.

The list of runners should be broken up according to the number of lines you will have registering. We recommend that you have a separate line for people who did not pre-register and a volunteer going through the lines to make sure everyone is in the right line.

While you can have raffle tickets at the registration table it is a good idea to have a separate table or area to fill them out because these people will take up time writing their name and phone numbers. This is also a good place to display the prizes you will be raffling off.

Make sure each volunteer is assigned a job before you start and that each one knows their job. Just for the fun of it take one of the empty T-shirt boxes and put a sign on it, “Drop Your Cigarettes Here” and be sure to let us know how many you get.

Have Fun! And all the money you made on your event, spend it wisely!

Volunteers

There is plenty of work involved in staging and event like this. We will be able to do a lot of the work at this end with emails and the internet but there is still a need to have people there for all the jobs from planning to picking up after the event.

Who can help

- Teens** from your SADD group, other clubs on campus, other students. _____
- Parents & Teachers** who wish to support your efforts or have contacts in the community. _____
- Organizations** in your community especially those the work with kids and with drug abuse prevention. _____
- Police** can usually be counted on for support at the event and often with fund raising. _____

What they can do

- Serve on committees for different parts of the project _____
- Visit stores and businesses _____
- Phone calls to get email addresses _____
- Speak to classes _____
- Pass out applications _____
- Computer entry of application data _____

Invitations:

Race Applications: We will post your race application online for you but to do so we need to get certain information from you.

Send us:

- Date, Time and Location _____
 - Rain date if you have one _____
 - Application Fee you will be charging _____
 - Late Fee _____
 - Distances your runners can participate in _____
 - Where to submit the applications _____
 - Any other info you would like to add _____
- email them to: rundrugsofthtownrun@yahoo.com

Schools to invite: Start with your zip code and/or the schools served by your high school. Depending upon your area you may want to add the surrounding zip codes too. Smaller towns may want to include the whole town or even add neighboring towns and villages. You live there and you know your area better than we could so you make the choices.

Pre-schools:

Elementary Schools:

Middle Schools:

High Schools:

Colleges:

Others to invite:

- Running Clubs**
- Churches**
- After School Organizations**
- MADD**
- SADD**
- American Lung Association**
- American Cancer Society**
- Service organizations;** Rotary, Lions, Kiwanis, Chamber of Commerce
- Local law enforcement**

Raising Money

Our objective with the Run Drugs Out of Town Run is to raise awareness of and money for drug abuse prevention. Here are some of the things you can do to raise money.

Request Grants & Sponsorships

- WalMart** offers \$1000 matching grants
- Target** (usually \$250/school)
- Supermarkets**
- Stores that offer a drug free workplace**
- Professional organizations**
 - Chiropractic society.**
 - Medical societies**
 - Dental Society**
 - Unions**

Contact:

- Police**
- Sheriff**
- County/District Attorney**
- Professional Teams.**
- Service Organizations:**
 - Rotary Club
 - Lions Club
 - Toastmasters
 - Kiwanis Club
 - Chamber of Commerce

Phone Calls: Get email addresses so we can challenge them to sponsor runners.

- Chiropractors**
- Pediatricians**

- Orthodontists** _____
- Dentists** _____
- Other doctors** _____
- Businesses** _____

You can send your lists either in the body of an email or as an attachment to us at rundrugsou-toftownrun@yahoo.com.

Get Prizes:

Not everyone can give you a check but most merchants will be able to offer a prize for your raffle. Be sure to ask for products gift and certificates _____

Get Insurance:

If you school is staging the event you may be covered under their insurance otherwise you will need to have insurance. We can help you through the USA Track and Field Association. We are a member and can help you get low prices on coverage. _____

Order Literature:

Most agencies that provide free literature will ship it to you in two to three weeks. Sometimes they get back ordered or shipments can get delayed so allow 4 weeks to be sure. We recommend that you call the 800 numbers rather than order online so that you will know how many copies of each item you can have and if there will be any problems with delivery.

Agencies to Contact:

National Clearinghouse for Alcohol and Drug Abuse Information
800-729-6686

National Institute on Alcohol Abuse and Alcoholism
Call them at 301-443-3860 or order online at <http://www.niaaa.nih.gov/publications/english-order.htm>

Collect Applications:

- Pick up from each school you invited** _____
- Pick up from doctors offices** _____
- Enter data and forward to us;** we will email reminders to runners . . . _____

Order T-shirts and Medals

We need a count of each size shirt

Kid Medium _____
Kid Large _____
Adult Small _____
Adult Medium _____
Adult Large _____
Adult XL _____

Also let us know how many volunteers and their sizes too. On a large enough order we will include them.

Shirt Backs if you have more than 200 pre-ordered we can have the backs of the shirts printed in one color for you. You can add your logo, slogan, date, location and sponsor's logos if you choose. Just email the art work as an attachment to rundrugsoutoftownrun@yahoo.com and we will do the rest.

Send us the sizes by email to rundrugsoutoftownrun@yahoo.com and send us a check for \$10 for each runner to arrive at least 10 days prior to your event to:

Run Drugs Out of Town Run, Inc.
PO Box 25152
Scottsdale, AZ 85255

You can add to your order as long as you give us five working days notice. This will give us enough time to print the shirts and ship them to you.

We will send the shirts and medals to you to arrive a couple of days before your event. We also try to send some extra for those who register at the event.

Get Entertainment:

Clowns _____
Magicians _____
Balloon artists _____
Music _____

EVERYTHING TAKES TIME

Give yourselves plenty of time for each step and know when each step needs to be completed.

Day of the event:

Registration should be set up one hour before start time
Volunteers should be there 30 minutes before registration

Three days prior:

Make sure T-shirts and medals have arrived or are on the way

One week prior:

Last chance to order more T-shirts and medals

Ten days prior:

Be sure T-shirt and medal order is received by us
Send us email addresses

Two weeks prior:

Collect applications for pre-registrations
Calculate the number of T-shirts and medals
Forward runners email addresses to us so we can remind them to be there on time.
Send us email addresses

Three to four weeks prior:

Distribute applications to schools
Send us email addressees

One month prior:

Order event insurance if needed
Order literature
Send us email addresses

Two months prior:

Contact schools
Contact businesses
Send us email addresses

Three months prior:

Order literature for teachers, doctors and businesses to give to them when you visit.
Send us email addresses

Appendix B

Literature List

This list may contain items that are not available when you place your order but don't be discouraged as there are plenty of others that you find to be useful. While you can place your orders online or by fax we recommend calling.

From **The National Clearinghouse for Alcohol and Drug Information** (800) 729-6686 consider ordering the following:

Tips for Teens

PHD642 Tips For Teens: The Truth About Hallucinogens
PHD725 Tips For Teens: The Truth About HIV/AIDS
PHD726 Tips For Teens: The Truth About Steroids
PHD860 Tips For Teens: The Truth About Heroin
PHD861 Tips For Teens: The Truth About Methamphetamine
PHD852i Tips For Teens: The Truth About Club Drugs
PHD631 Tips For Teens: The Truth About Inhalants
PHD633i Tips For Teens: The Truth About Tobacco
PHD640i Tips For Teens: The Truth About Cocaine
PHD641 Tips For Teens: The Truth About Marijuana
PH323 Tips For Teens: The Truth About Alcohol
TEENKITR Tips for Teens Kit

Mind Over Matter Series

PHD806 Mind Over Matter: The Brain's Response to Drugs - Teacher's Guide (Revision).
Come Lead My Exploration Team
PHD839 Mind Over Matter: Brain's Response to Methamphetamine
PHD8031 Mind Over Matter: Brain's Response to Hallucinogens
PHD8021 Mind Over Matter: Brain's Response to Opiates
PHD8011 Mind Over Matter: Brain's Response to Marijuana
PHD8071 Mind Over Matter: Brain's Response to Nicotine
PHD8041 Mind Over Matter: Brain's Response to Steroids
PHD8051 Mind Over Matter: Brain's Response to Stimulants
PHD8001 Mind Over Matter: Brain's Response to Inhalants
PHD800 Mind Over Matter: The Brain's Response to Inhalants
MOMKIT Mind Over Matter: Complete set of posters PHD800L-PHD805L (also includes PHD807 and PHD839)

NIDA Infofax

NIF013 NIDA InfoFacts: Inhalants

NIF015 NIDA InfoFacts: Marijuana

NIF039 NIDA Infofacts: High School and Youth Trends

NIF041 NIDA InfoFacts: Nationwide Trends

PHD884 Keeping Your Kids Drug Free: A How-to Guide for Parents and Caregivers

This guide covers challenges parents face, how they can influence their kids, opportunities for starting a discussion and what parents can do and say to keep their children drug free. It also provides a list of resources and ways for parents to get involved in community drug-prevention activities (ONDCP, 2001)

PHD711 Keeping Youth Drug Free

Keeping Youth Drug Free is designed to help caregivers prevent children from getting involved in drugs. It details six key prevention principles, including actions caregivers can take that can help their child make healthy choices. Each section includes language to use with children, activities to do, information about drugs, statistics about youth drug use, and many resources for prevention information. It is designed for parents and caregivers of 7- to 13-year-olds. However, the materials and exercises also can work for other age groups.

PHD713 Marijuana: Facts for Teens

What is marijuana and how does it affect the user's everyday life? This colorful brochure answers these questions and many more. Marijuana: Facts for Teens also examines the short-term and long-term effects of marijuana use, signs that someone has been using marijuana, ways that marijuana affects driving ability, and possible harm marijuana use may do to a person's brain. (NIDA, 2001, 16 pages)

PHD712 Marijuana: Facts Parents Need to Know

Designed for parents, this National Institute on Drug Abuse (NIDA) booklet answers some of the most frequently asked questions about marijuana, provides the latest scientific information, and suggests ways to talk to teenagers about marijuana use. This is a companion booklet to the teen brochure Marijuana: Facts for Teens. (1995, Revised 1998, 2002, 28 pages)

This concise booklet offers straightforward tips to develop parenting skills. There are ideas to help parents get involved with their child's daily routine, establish ground rules with their children, and improve communication skills. (ONDCP, 1999)

RETRO RETROspective: A Parent's Guide to Youth Culture. Building Bridges Between Generations

Recalling the events, values, and icons of the 1960's through the present, RETROspective

reminds parents of their own youthful experiences to help them relate to today's youth culture. It offers insight to youth values and the effects media, society, and popular culture have on teens' attitudes, behaviors, and perceptions, especially as they relate to alcohol, tobacco, and illicit drugs. (CSAP, 2001)

PHD626 Moving Forward With Your Life: Leaving Alcohol and Other Drugs Behind

"Moving Forward..." discusses the reasons why people abuse drugs, the warning signs that someone has a problem with alcohol/drugs, and where to go for help. The booklet emphasizes that abusers are not alone and that help is available. (CSAP, 1993)

PHD956 Wake Up to the Risks of Marijuana: A Guide for Parents

PHD882 Aging, Medicines and Alcohol

CSAT 2001 7 pages This brochure informs older Americans about how their bodies respond differently to alcohol and medications. It identifies signals that may indicate an alcohol or medication-related problem, and encourages them to talk to someone they trust. In addition it recommends preventive steps seniors can take, and advises them to share information about their medications and any previous health conditions with their physicians. It was created to accompany TIP 26, Substance Abuse Among Older Adults.

PHD827 Club Drugs: NIDA Community Drug Alert Bulletin

This bulletin warns of the increasing use of club drugs, which are drugs used by young adults at all-night dance parties. It contains information on several different drugs, including MDMA (Ecstasy), Ketamine (Special K), Rohypnol (Roofies), and Methamphetamine. (NIDA, 1999)

POSTERS

- AVD158 Poster: Flying High Drug Free (Race Against Drugs)
- AVD156 Poster: Pottery (ONDCP Anti-Drug Youth Campaign)
- AVD157 Poster: Dancing (ONDCP Anti-Drug Youth Campaign)
- AVD155 Poster: Drumming (ONDCP Anti-Drug Youth Campaign)
- AVD149 Poster: Recovery Month 2002
- AVD117 Poster: Questions (ONDCP Anti-Drug Youth Campaign)
- AVD120 Poster: I Was Afraid to Take A Friend Home (ONDCP Anti-Drug Youth Campaign)
- AVD121 Poster: Think Again (ONDCP Anti-Drug Youth Campaign)
- AVD119 Poster: Softball (ONDCP Anti-Drug Youth Campaign)
- SOYBP Soy Unica, Soy Latina Hot Air Balloon poster (12-14 year old girls)
- SOYRP Soy Unica, Soy Latina Rainbow Road poster (for 9-11 year old girls) - English
- SOYBPS Soy Unica, Soy Latina Hot Air Balloon poster (12-14 year old girls) in Spanish

SOYRPS Soy Unica, Soy Latina Rainbow Road poster (for 9-11 year old girls) in Spanish
PHD819 Poster: Nuestro Orgullo Latino Add to Cart
AVD106 Poster: ONDCP Anti-Drug Youth Campaign Truth
AVD108 Poster: ONDCP Anti-Drug Youth Campaign Communication
PACP1 Your Time...Their Future poster - flat
PACP1F Your Time...Their Future poster - folded
AV205 National Commission on Drug-Free Schools poster: Roles and Responsibilities for a
Drug-Free School and Community
AV161 Poster: An Inner Voice Tells You Not to Drink or Use Other Drugs
AVD23 Poster: Guess Who Else Can Get AIDS If You Shoot Drugs? Your Baby Can (flyer)

For Specific Cultural Groups:

African Americans

<http://store.health.org/catalog/results.aspx?h=audiences&topic=15>

American Indians/Alaska Natives

<http://store.health.org/catalog/results.aspx?h=audiences&topic=33>

Asian/Pacific Islanders

<http://store.health.org/catalog/results.aspx?h=audiences&topic=16>

Hispanic/Latinos

<http://store.health.org/catalog/results.aspx?h=audiences&topic=27>

TEACHERS: Be sure to order some of these to give to teachers when you visit their classes. You may also want to bring a poster or two for the classroom.

AVD145 Slide Teaching Packets CD ROM

This CD-ROM contains the popular educational slide series The Brain and the Actions of Cocaine, Opiates, and Marijuana and The Neurobiology of Drug Addiction along with two new teaching packets, The Neurobiology of Ecstasy and Understanding Drug Abuse and Addiction: What Science Says. The first of the new packets focuses on the dangers of the club drug ecstasy and is designed to help teachers communicate these dangers to their students. The last packet provides materials that help teachers provide their students with a broad scientific overview of the mechanisms of addiction. (NIDA)

MS908 **Reach Out Now: Talk With Your Fifth Grader About Underage Drinking** (Teacher Pages and Family Resource)

VHS170 **Videotape: Debunking the Myths About Marijuana**

This seven-minute video, developed by the ONDCP National Youth Anti-Drug Media Campaign, was designed to educate communities about the harms of teen marijuana use. It highlights the latest research about the drug, features commentary by leading experts about the effects of marijuana on youth, and encourages communities to work together to address teen marijuana use. It also includes television ads for youth on the negative consequences of marijuana use, for parents on the importance of monitoring their kids, and for the general audience on the importance of community coalitions.

For Businesses: This is a great packet to bring to a business that may be interested in keeping their employees drug free.

Inventory # **WORKIT Making Your Workplace Drug Free: A Kit for Employers** 1994 CSAP 30 pieces to a box. Designed for employers, especially employers of smaller businesses, this kit offers easy to follow steps for creating or enhancing a drug free workplace program. The kit suggest low-cost approaches for a health program geared to alcohol and drug abuse. Included in the kit are Employer Materials, Supervisor Materials and Employee Materials.
Order from NCADI at 800-729-6686

FROM THE NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM

Call them at 301-443-3860 or order online at <http://www.niaaa.nih.gov/publications/english-order.htm>. They are also available in Spanish at <http://www.niaaa.nih.gov/publications/espanol-order.htm>. Most brochures have a limit of 100 copies.

UNDERAGE DRINKING PREVENTION

You can view it at <http://www.niaaa.nih.gov/publications/poster.htm> and they will send as many as you need.

ALCOHOL: WHAT YOU DON'T KNOW CAN HARM YOU

ALCOHOLISM: GETTING THE FACTS

A FAMILY HISTORY OF ALCOHOLISM— ARE YOU AT RISK?

HARMFUL INTERACTIONS: MIXING ALCOHOL WITH MEDICINES

HOW DOES ALCOHOL AFFECT THE WORLD OF A CHILD?

MAKE A DIFFERENCE: TALK TO YOUR CHILD ABOUT ALCOHOL—PARENTS BOOKLET

Be sure to check with us for updates on this list.

Appendix C

Race Day Checklist

The work that goes into staging an event is equaled only by the work that will be done on the day of the event. If you are prepared you will be able to handle any problem before it happens and you will have fun doing it.

Things you will need:

- Tables and chairs
- Pencils and pens
- Scissors
- Tape
- Extra race applications for those who register at the event
- Registration list
- T-shirts separated by size
- Medals near the finish line because the kids come around faster than you think.
- Cash box to handle late registrations and raffle ticket sales
- Raffle tickets
- Container for ticket for the drawing
- Prizes
- Literature
- Signs: Pre-Registration by letters (A-G; H-N; O-Z or whatever works best)
 - Late Registration
 - Arrows to direct people where you want them (feel free to copy our logo)
 - Raffle tickets
- Large plastic bags for clean up (you can put one in a T-shirt box for trash)
- Cigarette Box, use a T-shirt box with a sign telling people to leave their cigarettes.

When you are done:

- Thank everyone for coming
- Get addresses of any runner that did not get a T-shirt and/or medal. We will send them to you to pass on to them.
- Send us the raffle tickets for the big drawing
- Clean up
- Use the money wisely
- Start planning for next year

Appendix D

Phone Script

One way that we can really help you is by emailing your contacts. We can take your lists and send messages to hundreds of people and businesses in less time than you can make one phone call. We can provide them with information about The Run and especially your event and we can encourage them to sponsor your event or at least sponsor a runner.

Using these scripts will eliminate the need of training each volunteer about every aspect of your program. They will not need to have answers to every possible question. We will take care of that.

Sample Script: This basic script will work with just about anyone.

“Hello! This is *(your name)* and I am helping out with the Run Drugs Out of Town Run at *(where)* on *(date)*. We would like to get your email address so that we can send you more information about the program?”

“Thank you!”

For a doctor’s office add the following; “We can also send you some information about drug abuse that will be useful to you in your practice.”

For a Business: We can send you some free literature that can help you prevent problems on the job and keep your workplace drug free.

FAQ:

There will be questions so you should be prepared on how to answer them without giving the wrong information.

Privacy: We do not sell or share our list with anyone at anytime. We have this policy for many reasons but especially because a lot of the names we have on our list are children who have participated and we feel it is important to protect their privacy as well as yours.

What is the cost? There is no cost.

All other questions: They will be answered in the email we send you.

Whom to contact:

Chiropractors

Pediatricians

Dentists

Orthodontists

Businesses

Everyone in the yellow pages (don't even consider this unless you have plenty of volunteers)

Where to find your contacts:

Internet search

Yellow pages

Professional associations

Business to Business phone book

Chamber of Commerce

Also get email addresses for all the schools. Ask the principal or district office if they have a list for the faculty too.

Appendix E

Contact Us

The Run Drugs Out of Town Run is a 501(c)3 non-profit recognized by the IRS. Because we are non-profit most of the work is done by volunteers. As such we may not always be available when you call so we prefer to answer questions by email. We make every effort to get back to you with an answer within 24 hours. Sometimes that is too long and you may need to call. If you are calling we ask that you also email your questions as that can at times be quicker.

Email Address: rundrugsoutoftownrun@yahoo.com

Snail Mail Address: Run Drugs Out of Town Run, Inc.
PO Box 25152
Scottsdale, AZ 85255

Telephone: Dr. Bill Gallagher, DC 480-513-3909

If you are even considering staging the Run Drugs Out of Town Run give us contact info for at least one person in your group. There are always updates that we will want you to have.

Final Thoughts

This meant to be guide for staging a successful Run Drugs Out of Town Run. To make your event a success remember these things;

- Be creative. You are each unique and working in your group you will find synergy that can take you beyond your expectations.
- At locally. Too often groups try to take on the whole city. If that means 50,000 it can easily be done but in bigger cities you can get lost. Work with schools in your community. Ask for support from local businesses. Rather than contact McDonald's corporate or regional office talk to the manager of the store in your neighborhood.
- Check with us. Being able to learn from your own mistakes is an admirable trait. Learning from someone else's mistakes is a sign of genius. We are constantly learning and want to share what we have learned so please give us your contact info and keep in touch. You will find it to be worthwhile
- Enjoy!

Dr. Bill Gallagher, DC