

Mountain View Prevention Services'
1st Annual "Run for Prevention"
5k Run/Walk
October 2, 2010
Maple Ridge Center
7421 East Road; Lowville, NY 13367

Mountain View Prevention Services is teaming up with The Lewis County Harvest of the Arts Festival to bring you our 1st annual "Run for Prevention" 5k run/walk.

About the race:

The race will begin at the entrance to the Maple Ridge Center at 8:30 am. From there the route will take you up towards the barns, along the property line of the Maple Ridge Center, up the East Road and will end back at the Maple Ridge Center with a lap around the horse track. The course consists of various terrains such as, gravel, grass and blacktop. Participants are encouraged to pre-register by visiting our website: www.mountainviewprevention.org and following the race link. Pre-registration (before September 24, 2010) fee is \$15. Participants can also register on race day. Race day registration (7:00 am-8:15 am) is \$20. Race day t-shirts will be given to the first 50 people to register. Medals will be awarded to the top female and male finishers in each age group. Following the race there will be a "Kids Fun Run" around the track. "Fun Run" registration will take place on race day. For more info call Mountain View Prevention Services at (315) 376-2321.

About Mountain View Prevention Services:

Mountain View Prevention Services, Inc. is a private, non-profit agency whose mission is to increase awareness to the public about alcohol, tobacco and substance abuse. We accomplish this with a number of programs and strategies. Our staff works to inform people about addiction issues in general, and alcohol and substance abuse in particular.

While our services help people of all ages, we focus on youth because research indicates a prevention message heard at an early age has a much greater impact. We are able to reach youth, as well as adults, through several school-based and community outreach programs.

The Superstage Program, a summer theater arts program for children in both elementary and middle schools, is a good example of how we provide positive alternatives in which people can participate. Abusing alcohol and chemical substances is not as much fun, or as cool, as it is often portrayed in movies and the media in general.

To learn more about Mountain View Prevention Services visit our website at www.mountainviewprevention.org

About The Lewis County Harvest of the Arts and Kite Festival:

The 10th Annual Lewis County Harvest of the Arts Festival, taking place on Saturday, October 2nd (10 am-5 pm) and Sunday, October 3rd (12 pm-5 pm) at Maple Ridge Center, partners with area artisans to celebrate this unique community event. The festival continues to focus on encouraging the creative process and inspiring a deeper appreciation for art in our community.

The main Artisan barn located at the Maple Ridge Center will be filled with interaction and demonstrations by artisans who are committed to excellence and open to sharing their inspiration with festival attendees. The festival will also feature returning favorites such as the Children's Art Barn, live outdoor performances, the Tug Hill Quilters and an expanded student art show. In addition, the New York Kite Enthusiasts (NYKE) club will be demonstrating their beautiful handmade kites this year and offering children's kite making workshops throughout the weekend.