



The 2011  
beneficiary of the:



*Thank you for running on behalf of Day One in the  
2011 TD Bank Beach to Beacon 10k Road Race!*

### Your Participation

**By running for Day One, you have generously agreed to raise and/or donate at least \$500** to Day One to help prevent and treat adolescent substance abuse in Maine. We encourage you to raise even more than the minimum by reaching out to your family, friends, coworkers and acquaintances for pledges. Checks should be made payable to "Day One". Use the back of this form to keep track of donations.

Your participation with Day One must have been confirmed in advance, by signing up with Rebecca Howes at 207.767.0991 ext. 120 or [rebeccah@day-one.org](mailto:rebeccah@day-one.org). Your minimum contribution of \$500 should be turned in by May 27, 2011, at which time you will receive your registration. You must register for the race by July 1, 2011. Money should be sent to Day One, 525 Main Street, South Portland, ME 04106, attn: Rebecca Howes. You can also raise money on-line! It's easy to set up your personal fundraising page at [www.razoo.com/story/Day-One](http://www.razoo.com/story/Day-One).

Then keep raising money! If you raise \$750, you will receive a t-shirt and baseball cap. If you raise \$1,000, you will receive a t-shirt and a blanket. Please allow 6-8 weeks for delivery.

All additional money raised should be turned in to the Day One table at registration when you go to pick up your chip at Cape Elizabeth High School on the two days before the race.

### Substance Abuse Facts

- By the end of high school, nearly half of all Maine kids have used marijuana and one-fifth have abused prescription drugs.
- Maine ranks in the top 10 states with the highest rates of adolescent drug abuse.
- Treatment has been shown to have a benefit cost ratio of 7:1 due to health and public safety cost reductions, health care utilization savings, improved workplace development/jobs retention and Medicaid savings.
- The total economic cost of alcohol and drug abuse in Maine in 2010 is estimated at \$1.2 million or \$907 for every Maine resident.
- Maine ranks #1 in treatment for opiate addiction, 8 times the national average.

### Fundraising Prizes

- \$500 Minimum contribution
- \$750 t-shirt and baseball cap
- \$1,000 t-shirt and blanket

### About Day One

- Maine's leading agency preventing and treating youth substance abuse.
- 38 years of experience working with individuals, families, schools and communities.
- Selected as a "Best Places to Work in Maine" in 2009 and 2010.
- 6 Who Care "Agency of Distinction" 2008, chosen by United Way and WCSH6.
- Works to dramatically reduce substance abuse among Maine youth.

