

For Immediate Release:

**RACE FOR THE ROSES PROVIDES INSPIRATION FOR THOSE IN TREATMENT
De Paul Treatment Centers Clients Finish in Top 10%**

(Portland, OR- April 7, 2011) On Sunday, April 3, Christophe Berteau-Pavy, a member of the Red Lizards Running Club, met Josh and Doug in downtown Portland at 6 AM. The trio took the Max to the Oregon Convention Center, did a brief warm up run and watched the start of the 10K race. A few minutes later it was their turn. They joined a group of 1500 runners to take part in the Race for the Roses 5K.

While this scenario sounds like it could be just another Sunday race day for many people, the 5K was a window to new possibilities for Josh and Doug. They are both participating in residential drug and alcohol treatment at De Paul Treatment Centers (DP) and running an organized race is something neither had considered before a few months ago.

DP sponsored two water stops at the Race for the Roses which waived the fee for Josh and Doug to run the 5K race. Six DP residents and nine staff members volunteered at the water stops on the 10K and half marathon routes and one staff member's band played on the course.

Doug and Josh stepped up to the challenge of their first 5K race. They ran together for the majority of the race and ended with times of 25:45 and 26:00 respectively. Both finished in the top 10% of the race.

The experience made quite an impact on Josh and Doug. "It is good to be part of something clean and fun," says Josh, "Everyone is happy, running, and healthy." Doug says his mom was incredibly proud of him, "She cried when I told her about it."

The Red Lizard Running Club provides volunteers three days a week to take the DP residents on group runs in downtown Portland. Doug believes that the running group is having a positive impact on the client community at DP. "They see the changes in me," he said, "and it motivates them." The group has slowly been gaining momentum with the clients and more are taking advantage of the running program.

De Paul Treatment Centers has been providing alcohol and drug treatment for over 30 years, helping adults, youth and families create freedom from addiction. De Paul alumni include successful corporate executives, counselors, realtors, trade union officials, and De Paul employees. Treating over 2,000 residential and outpatient clients annually at three locations in the Portland Metro area, De Paul views addiction as a complex, treatable disease and applies comprehensive, evidence-based practices to address the needs of the whole person, family, and community.

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Contact:

Stacy Blumberg/De Paul Treatment Centers

503-535-1194

stacyb@depaultreatmentcenters.org

www.depaultreatmentcenters.org