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Ashley Addiction Treatment Invites Public to Movement for Recovery Event With Ultramarathoner Charlie Engle

The Penguin: Movement for Recovery is an event – live and virtual – at which people, through movement, can celebrate their recovery, those who are impacted by substance use disorder, and raise funds for Ashley’s innovative programing that has saved more than 55,000 lives.

HAVRE DE GRACE, Md. (May 18, 2022) — [Ashley Addiction Treatment \(Ashley\)](#), one of the world’s most recognized and respected names in the substance use disorder treatment industry, invites the public to join *The Penguin: Movement for Recovery*, a celebration of movement for and through recovery.

On July 23 and 24, Ashley will host ultramarathon legend, author and sober lifestyle champion Charlie Engle, who will be running for 30 consecutive hours to celebrate his 30 years of sobriety. In 2016, Engle published *Running Man*, a memoir on how he overcame his struggles and pushed forward to create a better life for himself and others. Whether it’s for 3 minutes, 3 miles or up to 30 hours, participants can join him on Ashley’s private campus in Havre de Grace, Maryland. Those who won’t be able to attend in person can participate virtually from July 17 through July 24 with a variety of movement activities like running, walking, dancing, biking, golfing, yoga and everyday activities. *The Penguin: Movement for Recovery* welcomes all ages and abilities, encouraging people to celebrate their recovery, the recovery of a loved one, or honor someone who was lost to the disease of substance use disorder.

“I’m excited to spend my 30th sober anniversary with so many old and new friends. Running for 30 hours sounds hard but honestly it’s nothing compared to years I spent struggling as an addict,” said Mr. Engle. “The Penguin is an opportunity for me to honor my sobriety but also to honor and thank my family and friends who have stood by me for so long. I also could not have made it this far without my sober fellowship and my running community. I try hard to share the struggles along with the victories because struggle is the one thing we all have in common. Finally, I just want to say how amazing my partnership with Ashley has been so far. Ashley understands that we can always learn more about the ways we can help people achieve a better life. Come join me on this amazing journey, whether you are sober or not. We all know someone who struggles with addiction. Come move your body with me and support Ashley as they change lives!”

Substance use disorder is a disease that impacts everyone, whether directly or indirectly. In Maryland, overdoses rose 21% from April 2020 to April 2021, according to the latest data from the U.S. Centers for Disease Control and Prevention, and by more than 28% nationwide. Alcohol-related deaths in 2020

outnumbered COVID-19 deaths among adults younger than 65, the New York Times notes. The landscape of substances and how people use them continues to change. As an industry leader on the cutting-edge of substance use disorder treatment, Ashley meets those changing needs by combining compassionate care with evidence-based and innovative treatment methods to heal the mind, body and spirit, so that those affected by substance use disorder can live a happier, fuller life.

“We always look for new ways to inspire and motivate people to follow a lifestyle that will help them in their recovery. A part of this is movement. Movement is a great self-care practice and an important part of a recovery-oriented lifestyle. From my experience as a passionate runner — and seeing it in patients at Ashley and across the recovery community — I know that movement can make a big difference. With Charlie on board and his 30th sobriety anniversary on July 23, it is the perfect opportunity to engage people in a fun event using movement to celebrate their own or a loved one’s recovery. As we’re hosting the event on our beautiful campus in Havre de Grace, Maryland, we hope that the serene environment will help our runners and walkers stay focused and motivated,” said co-CEO and president of Ashley Addiction Treatment, Alex Denstman, MBA.

Multiple sponsorship and donation levels are being offered for those who want to support Ashley's research endeavors to improve treatment services for patients and drive change in the treatment industry.

Register for an in-person or virtual event, or donate to support a worthy cause, at thepenguinevents.com.

ABOUT ASHLEY ADDICTION TREATMENT

Ashley Addiction Treatment (Ashley) is a nationally recognized leader in evidence-based treatment of substance use disorders. Ashley’s comprehensive programs integrate a full spectrum of medical, clinical and holistic treatment methods, and result in frequent publications of ongoing research into effective treatment methodologies. Ashley’s driving principle – “everything for recovery” – guides healing for each individual with respect and dignity. Accredited by The Joint Commission and a division of Ashley Inc., a 501(c)(3) non-profit organization, Ashley has treated over 50,000 patients since 1983 and has awarded more than \$65 million in scholarships to assist patient recovery. Offerings include inpatient and outpatient treatment, sobriety enrichment, community outreach, family and children’s education, and specialty programs. For more information, please visit: ashleytreatment.org.

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