

RADD

RUNNERS AGAINST DESTRUCTIVE DECISIONS

**A RUNNING GROUP TO HELP
THOSE RECOVERING FROM
ADDICTION AND TO INCREASE
AWARENESS OF ADDICTION
ISSUES IN OUR COMMUNITY**



WHO WE ARE

RADD is a running/walking group whose mission is to support individuals in recovery from addiction. RADD provides an opportunity to participate in a healthy activity in a positive and supportive environment.

WHAT WE DO

RADD participants are encouraged to set a goal of completing a 5K race. Train with RADD to achieve this goal. Run or walk at least three times a week, either on your own or with regularly scheduled RADD group runs on Mondays, Thursdays, and Saturdays.

Saturday RADD Runs:
November - April: 8am from the YMCA
May - October: 7:30am from Sertoma
Park Shelter #7



SEND AN EMAIL TO SIGN UP FOR
RADD EMAILS OR SCAN QR CODE



RADDSTRONG2014@GMAIL.COM



SHOES

RADD can provide you with a pair of gently used running shoes. Email Jean at jbeyer618@gmail.com before Saturday.



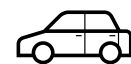
RACES

RADD will pay your race entry fee and you will get a safety yellow RADD running shirt if you run 8 times and sign up for a race.



FRIENDSHIP

Make new friends while enjoying light refreshments after Saturday runs.



NEED A RIDE?

Email RADDStrong2014@gmail.com with your name and number by Thursday of the week that you need a ride.



RADDStrong2014@gmail.com



<https://www.bismarcksantarun.com/radd.html>