

BISMARCK SANTA RUN: Running for Recovery and Wellness



Judge David Reich

The sixth annual Santa Run 5K was held December 14, on the North Dakota State Capitol grounds. The Santa Run is a festive event to celebrate success stories of individuals in recovery. More than 500 santas, elves, and children, and over 100 volunteers, participated. Everyone 13-years-old and over ran in a Santa suit and sponsors ran as elves. This year's guest of honor was 1964 Olympic gold medalist Billy Mills.



The Santa Run 5K is organized by "The Santa Run," a 501(c)(3) charity, to raise awareness of addiction issues in the Bismarck community and to raise funds for entities that assist individuals in recovery from addiction. The Santa Run sponsors Runners Against Destructive Decisions (RADD), a running group formed by Judge David Reich in 2014 to provide a healthy lifestyle alternative for individuals in recovery from addiction. RADD runs three days a week, year-round. RADD participants set a goal of completing a 5K run or walk and train with RADD to accomplish that goal. The Santa Run buys running shoes and pays race entry fees and expenses for RADD participants who could not otherwise afford those expenses.

In May 2019, RADD volunteers began running with residents at the Missouri River Correctional Center (MRCC) one weekend each month. Because the residents did not have running shoes, RADD collected more than 200 pairs of new and gently used running shoes for the MRCC running program. In August, more than 100 MRCC residents ran with the organization. RADD runners also participated in four local races in 2019. RADD sent two runners to Duluth in June to run the half marathon at Grandma's Marathon and sent three runners to Ecuador in October to run a marathon with Los Angeles Judge Craig Mitchell and the Skid Row Running Club. In March, RADD runners will travel to Los Angeles to run with the Skid Row runners in the LA Marathon.



Follow Bismarck Santa Run on Facebook or go to www.bismarcksantarun.com for more information on how to participate in or support The Santa Run and RADD.

