

# RADD

RUNNERS AGAINST DESTRUCTIVE DECISIONS




*"The Body Achieves  
What the Mind Believes."*


**A running group to help those recovering  
from addiction and to increase awareness of  
addiction issues in our community.**

## ***RUNNING can change your life!***

- Develop a healthy outlet for stress, anxiety and anger.
- Set and achieve goals.
- Meet new friends.
- Work out regularly in a fun and supportive environment!
- All ages & levels welcome ~ Walk or run.

RADD encourages participants to run or walk regularly three times a week and to set a goal of completing a 5K event. RADD group runs are held at the following times and locations: **Every Monday evening at 6:30 p.m.** with Team Kaizen (locations announced monthly); **Every Thursday evening at 6:30 p.m.** from the Soup Café and Heartview at N. 23<sup>rd</sup> St. and E. Thayer Ave.; and **Every Saturday at 8:00 a.m.** (from Shelter 7 in Sertoma Park from May through Labor Day and from the east lobby of the YMCA from Labor Day through April). RADD will assist you with running shoes if needed and you will receive a RADD shirt after you complete your first 5K event. Contact us for more information.

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 [bismarcksantarun.com](http://bismarcksantarun.com)

 Bismarck Santa Run