

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** with Team Kaizen (times and locations announced monthly); **Every Thursday evening at 5:45** from the HUB, 321 S. First St; and, **Every Saturday from May - October at 7:30 a.m. from Shelter 7 in Sertoma Park and from November - April at 8:00 a.m. from the YMCA.** 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

 Bismarck Santa Run