

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 its participants to run or walk regularly three times a week and to set a goal of completing a 5K event. RADD holds a group run every Saturday morning. From May through October, RADD runs at 7:30 a.m. from Shelter 7 in Sertoma Park. From November through April, RADD runs at 8:00 a.m. from the YMCA. Run or walk two additional times each week on your own or with a RADD running buddy. RADD will assist you with running shoes if needed and you will receive an official RADD shirt after you complete your first 5K event. Contact us for more information.

Email: info@bismarcksantarun.com
Website: www.bismarcksantarun.com

Facebook: RADDStrong
Facebook: Bismarck Santa Run