

CM

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**David Reich**

Learn how to help out in your local community as we salute a local hero.

**CM****PUBLISHER**

Joe Hauer

**UNITED PRINTING PRESIDENT**

Ken Bischof

**GENERAL MANAGER/EDITOR**

Taylor Rash

**CREATIVE TEAM**

Corey Carson

**CONTRIBUTING WRITERS**

Mandy Anderson

Josie Blaine

Nina Carter

Beverly Peterson

Tom Regan

Terri Schlichenmeyer

Pam Trhlik

**PHOTOGRAPHY**elevat**e**studios**DISTRIBUTION**

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Samantha Lawson

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Ph: 701.223.0505  
Fax: 701.223.5571  
Web: thecitymag.com



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COMMUNITY  
CLUSTER**CM**  
Salutes

## RUNNERS AGAINST DESTRUCTIVE DECISIONS (RADD)

**"I RAN MY FIRST HALF MARATHON AT AGE 50 (AND HAVE RUN OVER 20 SINCE) AND MY FIRST MARATHON AT AGE 52 (AND HAVE RUN A TOTAL OF 5)."**

South Central District Court Judge David Reich got tired of seeing many of the same people come back to court on alcohol and drug offenses so he decided to do something about it. Believing that a running program would offer a healthy life style alternative that might help break the cycle of addiction, crime, and jail, Reich started Runners Against Destructive Decisions (RADD).

Runners and walkers meet every Tuesday, Thursday, and Saturday at 6:30 a.m. at Shelter 7 in Sertoma Park. Reich is there most days and he likes to provide a light breakfast and short program on running and related topics following the Saturday run. So far, the group runs about a 4K loop around the park.

"I had followed the Back on My Feet story with Anne Mahlum working with the homeless population and thought it provided a great blueprint for a program for people suffering from addiction," said Reich about the genesis of RADD. "Then I read a story in the March 2014 'Runner's World' about a woman in Fargo/Moorhead who started running while in prison and used running to beat a drug addiction habit that started when she was 14. I thought if she could do it, why not us?"

While people in recovery is the main target audience, Reich has also extended an invitation to family members of those in recovery. "It would be great if all of the treatment centers referred people to RADD to help them in their recovery," said Reich. With the assistance of Juvenile Court and Team PCAND (Prevent Child Abuse ND), Reich has also helped start a running program for



Local runners meet every Tuesday, Thursday and Saturday

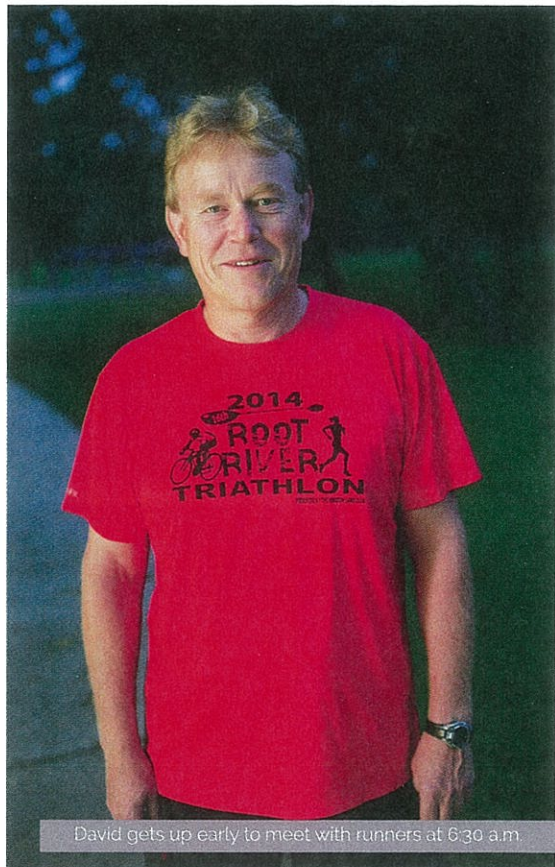
Juvenile Court participants. As participation grows, Reich said he would be willing to add an evening running time to make the program available to those who might not be able to run in the morning. He's also thinking about adding a biking group, which could also be called RADD—Riders Against Destructive Decisions.

RADD is sponsoring a 5K Santa Claus Run/Walk on Saturday, December 13, in which all the runners will don Santa suits which will be provided with their registration fee. Proceeds from the run will further RADD's mission, including purchasing running shoes and pay for run/walk registration fees for those who can't otherwise afford them.

You can follow RADD on Facebook at RADD ND.

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**TOM REGAN** | A former editor of City Magazine, has been a media professional for over 40 years.



David gets up early to meet with runners at 6:30 a.m.