



For Immediate Release

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Run for Recovery: Building Awareness and Support for 11 Years

WATERTOWN, NY (July 19, 2019) – Watertown Urban Mission is preparing for another successful turnout for the 11th annual Run for Recovery. Sponsored in part by Alpine Fence and Foy Agency Insurance, the Run for Recovery is held in memory, honor or support of those whose lives have been impacted by addiction.

Run for Recovery takes place on Saturday, September 7, 2019 at 9:00 AM at the Alex T. Duffy Fairgrounds in Watertown. This community-driven event is a Color Run/Walk with options of a 5K run/walk or a 10K run. The course runs from the Fairgrounds to Glen Park and back. The run is professionally timed, and winners are determined by age category and overall time.

Pre-registration is \$25 per person; same day registration is available at the event for \$30 per person. To register, visit <https://watertownurbanmission.com/> and click on the Run for Recovery graphic.

Our community suffers from an addiction epidemic. The Run for Recovery is an effort to raise awareness and help stop the stigma surrounding addiction. The purpose is to educate community members of the resources available in seeking treatment, guidance, and fellowship while in the process of recovery. All proceeds from the Run for Recovery benefit the Bridge Program at the Mission.

The Bridge Program gives individuals a sense of hope and empowers them to overcome their struggles through many facets, including substance abuse treatment, case management, volunteer work and life-skill building. The program aims to rehabilitate those who suffer from addiction and provide them with the tools to make a successful transition to recovery.

Run for Recovery participants are encouraged to share photos of loved ones they are running/ walking for to be displayed during the race. Photos may be sent to kgroff@watertownurbanmission.org.