

NEWSLETTER

Fall 2020



2020-Retooling Recovery!

It seems like everywhere we turn, a new challenge is standing in our way. When the pandemic started back in February, we had to suspend in-person groups and our spring race. We made the best of it by hosting Facebook live events to keep people connected and active. We switched our races (Run Over Rona and Buzzard Beach) to all virtual and had 450 participants from three countries and twelve states. Most importantly, we celebrated more than twenty people completing their very first 5K.

We resumed in-person meetings in late May and our weekly numbers have increased since last year. We divided up into smaller groups in more locations for safety but the amazing thing is that we are now reaching more people in the community.

Adapt! That's life, that's recovery!

Member Highlight-Brad

“Words fall short on how much this group means to me, what you and the other’s I have met have given me. I deal with anxiety and being with others that are dealing with life’s problems gives me the strength. I am grateful for the opportunity to be able to help others like they have helped me.

Running is a great way to release all the build up inside of yourself. *It took me over a year to join the group and I wish I have the guts to have done it sooner. I consider our little group family.”*

Thanks, Brad O



Shoes Given - 180 pairs and counting!

We're so proud of our organization for raising the funds to give away a free pair of high-quality running shoes to everyone who comes three times. In addition, we provide race entries, apparel, and gym memberships. This year, because of Covid, we will likely be outside during the winter, so that means we will be providing winter clothing and encouraging people to get outside as much as possible.



There is nothing quite like getting a new pair of shoes. People who usually just stroll, frequently start jogging when they receive their shoes. It is an amazing transformation caused by the simple gift of shoes.

Your generosity makes this all possible!

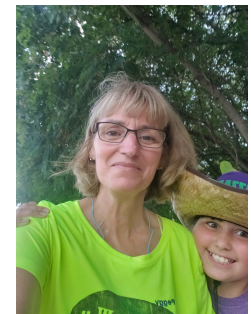


Mentor Highlight

Our organization depends heavily on our volunteer mentors, and we want to celebrate and highlight their contributions. In this edition we are celebrating Peggy May. She is the ever present and encouraging group leader in Kent, and she also serves on the board as our Merchandise Coordinator.

Although she is quiet, she is one of the kindest and supportive people you will ever meet. She is a true servant leader, always ready to chip in to help others in their fitness/wellness journey. She is a wonderful seamstress, and you will see us wearing many of her productions (hats, facemasks, etc.).

She recently expanded the Kent group from meeting once to meeting four times per week!!!! That shows initiative, that is servant leadership! Please join us in thanking Peggy for her many faceted contributions to our group.



Treatment Programs

We have been meeting twice a week with the guys at CATS for two years now. Recently, we started meeting with the Akron Recovery Court/Turning Point Program participants as well as the folks at FAA and CBCF in Akron to bring our program to those facilities. It has been a very positive experience and here is what staff and clients are saying.



"Having a Running2BWell group at our facility has made a significant positive impact for our clients...I am often struck by the overwhelmingly positive mood and affect our participants demonstrate after we wrap up our runs."

I am extremely grateful to Keith, the Running2BWell volunteers, and the donors who make this program happen. Running2BWell has been a terrific asset to our facility and the recovery community as a whole."

Matt Nelson, Caseworker, Summit County CBCF Oriana House, Inc.

"It GIVES ME Energy, makes me happier, and it lets me run the stress out"

"It helps me BETTER myself"

"It makes me feel like a NEW man"

"It helps me remember the GOOD HIGH of exercise"

"It feels good to get outside and be TRUSTED"



"I look forward to it each week"

"I'm in a better mood afterwards and can BETTER HANDLE whatever comes next"

Upcoming Events at:

www.Running2bWell.org

www.Facebook.com/Running2bWell



Get involved, change a life

1. **Invest in people.** We need funding to pay for shoes and our winter clothing for our participants. We negotiate significant discounts on these items and are planning on spending \$25,000 in 2021. To make things convenient, we have set up an ongoing donation option through [PayPal](#).
2. **Invite.** Spread the word about our amazing free programs.
3. **Come** join us at a group run/walk and see what your support is doing in people's lives.
4. We can always use group leaders/mentors. Send us an email if you're interested.

Thank you sponsors for investing our mission!

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