



Keith Johnston &lt;astec.kj@gmail.com&gt;

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## June '23 Newsletter

1 message

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**Around the Beach** <noreply@runsignup.com>  
Reply-To: Around the Beach <running2bwell@gmail.com>  
To: Keith Johnston <astec.kj@gmail.com>

Sat, Jul 1, 2023 at 7:03 PM

**Running2bwell**[Sign Up](#)[Donate](#)

### Keith, you're making a difference!

Check out how your donations, registrations, and support are helping folks in our communities.

Please join us for [Around the Beach](#) on 7/22 and encourage others to sign up. This is our biggest fundraiser of the year and it's what makes all of our programs possible.

We've recently doubled our reach with new programs at Grafton Correctional, Kent Stark, and IBH Recovery. Some important numbers to consider:

**200 contacts every week**

**212 pairs of shoes given out (so far this year...)**

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### Unique race in a working prison.

On June 17, 2023, Running2BWell embarked on a new initiative. We hosted our first race INSIDE Grafton Correctional Institution with inmates and runners/mentors completing 4 loops for the 5K and 16 for the half. Remarkably we had 77 men conquer this challenge. Yes, 77!!! There were 57 participants that ran the 5K and 20 did a Half-Marathon!!

Inmate participants were required to donate personal care items as an entry fee into the race. The donated items will be donated to our other residential programs.

Talk about giving back!

We also raised enough funds (with your help) to hand out new running socks to all the racers. We hope to do this again soon!

Since the inception of this new group, the response has been excellent. We regularly have 70 guys running, walking, and learning how exercise improves their mental health. We all trained to prepare for the GCI Run event on 6/17 (see below). We are excited about this opportunity to help this segment of our community.

Please watch Keith Johnston relay this fantastic journey on our [YouTube channel!](#) PLEASE like and SHARE our story!



## IBH Recovery

This residential facility group was started at the end of May and is quickly growing as the men enjoy the benefits of some fresh air and exercise on their beautiful campus. We're planning a women's group in the near future

### Kent Stark (Canton)

We're meeting with folks at the track on Wednesdays at 6 pm.



## Welcome new board members

Karen Hall and Rob Brandt were recently voted onto our board and will be adding their passions and talents to our already stellar leadership team.

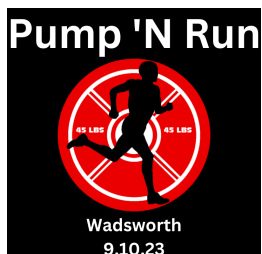
## We'd love to see you!

Check out the full schedule on our website. You don't have to run, come and walk or hike and enjoy a positive and supportive vibe. It's all about...

Be Connected, Be Active, Be Well!



## Weekly Schedule



## Around the Beach 7/22, Hinckley

This is our biggest fundraiser for the year and makes all of this possible. Please consider signing up or donating to help us, help others!

[Around the Beach](#)

## Pump 'N Run 9/10, Wadsworth

We're partnering with Great Oaks CrossFit to bring racing back to Wadsworth and add a strength component for our swole friends. Registration will open soon, save the date.

[Pump 'N Run](#)

## Mentors

**These folks volunteer their time and passions to make everyone feel welcomed and motivated. You're all awesome, Thank you!**

Becky Thomas, Kevin Thomas, Eric Thomas, Roy Heger, Holly Bishop, Pete Schwanke, Nicole Rudert, Katie Wobser, Jessika Easterling, Pat Heenan, Bernie Rochford, Kevin Brooks, Sarah Albertson, Brad Tauchen, Russ Strychrz, Angela Sanford, Leighanna Stephenson, Mike Sofka, Todd Jaros, Jess Yeager.

**Welcome new mentors! Sarah Betz, Brett Deyling, Jill Griffin, Cammie Carrino, Kristina Jacobson, Mercedes Hathcock, Stacie Humm, Dave Giuliano, Michelle Burton, Scott Jacobson.**

If you're interested in becoming a mentor (you don't have to run) click below. I'm confident that you'll enjoy helping others.

[Mentor application](#)



Thank you Sponsors



Send us an email if you'd like to become a sponsor.

