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Runners from Guiding Light Mission Receive Free Run Shoes to Train for Fifth Third Riverbank Run

Seven Runners from Guiding Light Mission's S.T.A.R.T. program will be receiving free run shoes for training for the Fifth Third River Bank Run. The men will meet at Striders in Grandville at 2pm on Tuesday, February 15 to be fit for running shoes.

The run team, Running for Life, is comprised of seven men in the addiction recovery program. The opportunity came about a month ago. Gerry Barnaby got involved and wanted to run with some of the men in the program. The runs are part of a mind, body and soul process. "Guiding Light Mission has been focusing on not only the spiritual training and development of mental processes to overcome addictions," said Stuart P. Ray, Executive Director. "We have also been focusing on positive health choices. We have changed our meal choices to include healthy options. And, we have had physical fitness trainers also assisting with weekly or bi-weekly exercise sessions. When Gerry approached us to run with men who are interested, naturally we said yes."

The men from Guiding Light Mission have been running for about two months. Recently, Guiding Light Mission was approached by Jay Starkey, Executive Director from In the Image to support the men to training for the Fifth Third River Bank Run. These seven men will be part of the In the Image Runners.

"Guiding Light Mission has reached out for many partnerships in the community," said Ray. "And In the Image has been one of those important partnerships. To have Jay reach out to support our runners for the In the Image run team, we were thrilled to further our partnership opportunity." As part of the training opportunity, Jay has received donations from Striders for the run team. "I knew that most of the men in the S.T.A.R.T. program may not have proper running shoes, so it seemed like a natural fit to partner them with Striders," said Jay.

Other partnerships supporting the Guiding Light Mission run team include MVP, where the men can train two to three times a week on their own as well as with personal trainers. The Running for Life team trains up to four to five times a week through strength and cardio training. Their goal is to cross the finish line of the 10k...in their new running shoes... together.

About Guiding Light Mission

Guiding Light Mission provides meals to anyone in the community in need. An average of 12,322 meals per month is served to men, women and children at Guiding Light Mission as well as distributed to local charities and emergency food basket providers. Guiding Light Mission provides emergency overnight shelter for 51,200, and offers a Christian based, residential substance abuse and life recovery program known as START (Spiritual Truth And Recovery Training). The Mission is funded entirely by private donations and relies extensively on volunteers who serve over 12,900 hours. For more information about Guiding Light Mission, please visit www.lifeonthestreet.org.

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