

Run for **RECOVERY** *a virtual event*

Run for Recovery goes virtual!

Recovery is still happening and we need you. When you Run for Recovery – wherever you are – you’re raising awareness for people who are recovering from the effects of substance use and mental health disorders and other health issues. You are helping to raise thousands of dollars to fund treatment and support. You are providing hope and healing to individuals and families throughout Central New York.

What does a virtual event look like?

To participate virtually in the Run for Recovery all you have to do is MOVE! Run, walk, roll, skip, or dance your way through 3.1 miles -- wherever you would like. Your course can be flat or hilly, paved or trail. Wear your race shirt, bib, and sunglasses for extra effect.

Afterwards share a selfie or video of your race on our event Facebook page, and don’t forget to include your time! Upload your photo by Sunday, May 17th to be entered to win a special prize from Beak & Skiff Apple Orchards.

Will I still receive my complimentary race shirt, bib, and sunglasses?

Packet pick up will be Thursday, May 14th from 3pm to 6pm at our Elements of CNY Facility, 4567 Crossroads Park Drive, Liverpool. This will be a drive thru pick up, so stay in your car, follow all signs to the back lot of the building, and a staff member will hand you your packet. Rest assured that staff will be adhering to all CDC guidelines and wearing the necessary personal protective equipment. If you would like to make alternative arrangements, please contact us at aforshee@helio.health.

How can I earn swag virtually?

When you register for the Run for Recovery, a personalized fundraising page is automatically created for you. Raise additional funds to earn custom Run for Recovery swag, like an insulated grocery tote, a folding lounge chair, or a long-sleeve Nike dri-fit. The items you earn will be available during packet pick up or mailed to you.

Treatment and support for substance use and mental health disorders are needed now more than ever. The money that you raise from additional fundraising helps make that possible. Raise funds. Earn swag. Make a difference.

I’m already registered. What are my options?

If you are already register for the Run for Recovery, your registration will automatically transfer to the virtual event. Please send us an email at aforshee@helio.health if you need other accommodations.

How else can I be involved?

Tell us who you run for! The Facebook event page is going to be the virtual hub of this event. Upload your photos and videos sharing why this cause matters to you and why you choose to participate. We

want to see those homemade signs and those custom shirts that make this event so special! Include the hashtag #WhoIRunFor with your post to be entered to win fun prizes from Beak & Skiff Apple Orchards. You can post as many times as you'd like until May 17th.