

**FOR IMMEDIATE RELEASE****CONTACT:**

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**Recovery Palooza's Dry Run/Walk Featuring  
Men from Guiding Light Mission**

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A runner's high. Anyone familiar with running, either through sport or purely for physical fitness, have heard this term used to describe the distinct feeling that can be felt as feet hitting pavement becomes the ultimate cathartic experience.

Transitioning from a destructive high to a positive one, six men in the Guiding Light S.T.A.R.T. program have signed up to participate in the 3rd Annual Dry Run/Walk as part of the 6th Annual Recovery Palooza at John Ball Park . The run will take place on Thursday, September 15 and will start at 6:30 pm at Riverside Park, Grand Rapids. The start location will be by the south boat launch.

According to Journal of Sport Psychology, those in recovery should find something else to focus on, such as running, to help re-direct obsessive energy.

"I am excited to participate with other clean members of the community and alongside my brothers from the program who are running for Christ!" says Eric D.

These men will run or walk the 3.1 miles along with veteran broadcaster and well known Grand Rapids personality, Gerry Barnaby.

"These guys are such an example of people who deserve a second chance, who are trying so hard to be better." Barnaby said. "I'm very excited to join Guiding Light men for another event that helps their recovery. I encourage others to join us!"

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**About Guiding Light Mission**

Guiding Light Mission provides emergency overnight shelter for upwards of 68 men nightly, while also offering Christian based assistance to help men re-engage into our community. Guiding Light Mission also offers a residential substance abuse and life recovery program known as S.T.A.R.T. (Spiritual Truth And Recovery Training). The Mission is funded entirely by private donations and relies extensively on volunteers.

**For more information about Guiding Light Mission, please visit [www.lifeonthestreet.org](http://www.lifeonthestreet.org).** Follow Guiding Light Mission updates on Facebook at Life on the Street and on Twitter at @GRLifeOnTheSt.

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