

# HOW TO GET INVOLVED

You can learn all there is to know about the Step Forward experience at our website:

[citygospelmission.org/step-forward](http://citygospelmission.org/step-forward)

You can also contact Step Forward director David Pinson at [dpinson@citygospelmission.org](mailto:dpinson@citygospelmission.org) or 513-377-5650.

## CALENDAR

Come to a practice (Wednesday evenings or Saturday mornings) to check us out. There is no pressure to join. If you feel led to be a part of our family, we'll welcome you with open arms. And you can train with us any time.

**KEY DATES FOR FLYING PIG TRAINING**  
(run or walk: 5k, 10k, half marathon, full marathon, 4-person relay, 4-Way, 4-Way with extra cheese, 3-Way, 3-Way with extra cheese)

- Jan.: "Understanding Addiction Recovery" workshop
- Feb.: Indoor "boot camp" practices
- March-May: Outdoor practices
- 1st week of May: Flying Pig Marathon races

**KEY DATES FOR QUEEN BEE TRAINING**  
(run or walk: 4-mile race, half marathon)

- Aug.: "Understanding Addiction Recovery" workshop
- August-Oct.: Outdoor practices
- 2nd week of Oct.: Queen Bee Half Marathon races

"I believe God is working a miracle. I am just following Him, doing what I'm prompted to do in giving my time and money to help these people who want to be helped. They're not looking for a hand-out. They're looking for guidance and how to change."

– Brian, a longtime volunteer, mentor and donor



## Running to beat addiction



You will never run or walk with more purpose than when you do it alongside the men and women in addiction recovery at City Gospel Mission

Volunteer with our team to train for:





# FINISH SWINE



"This was the first time in my life that I saw an entire process through, from start to finish. I couldn't have done it without this team."

– Carol R., women's recovery program graduate & former heroin addict



As a volunteer runner or walker, you can be a reason someone fighting for sobriety makes it to the finish line. All you have to do is Step Forward.

Since 2008, the goal of Step Forward has been to show God's love to men and women in City Gospel Mission's addiction recovery programs through dedicated volunteers and staff who run and walk alongside them while training for the Flying Pig Marathon & Queen Bee Half Marathon races.

Relationships between volunteers and participants are THE key component to transforming lives.

**80%** of the men and women who graduate from our recovery program are sober 3 years later. That's over **2-and-a-half times** the national average.

Recovery program staff members say Step Forward is one of the reasons for that success.

The participants also say this.

But they can't do it alone. They need support. Someone to encourage them when they are down. Push them when they are lagging. Laugh with them when they're happy. Cry with them when they're sad. And celebrate with them when they accomplish their goal to cross that finish line.

Your presence alone will give hope. Your words will uplift those who are discouraged. Your time will heal. Walk or run with us or sponsor the team in this collective fight against a devastating drug epidemic. WE NEED YOU! This works, and you WILL change lives.

Thank you, and God bless you.