



FOR IMMEDIATE RELEASE

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FOR MORE INFORMATION

Susan Jeremiah
Chief Human Resources Officer
Adapt | Compass | SouthRiver
(541) 672-2691 | susanj@adaptoregon.org

The Blast for Prevention 2020

Adapt's Prevention & Education Program will host *The Blast for Prevention* Color Blasting 5K Run/Walk the week of June 21 - 28, 2020.

This year the Blast will be a virtual race hosted by Eclectic Edge Racing. In alignment with Covid-19 guidelines participants can choose to run or walk this 5k from any location that they choose while adhering to social distancing and group restrictions. Additionally, the virtual race format allows participants the freedom to choose to complete the 5k all at once or break it up throughout the week at their own convenience.

Why a virtual race? Rather than cancelling this years' event altogether, we felt that it was important to promote physical activity, family bonding, and a sense of community. "We know that during times such as these, issues such as substance abuse and suicide are likely to increase. We want to inspire health, hope and connection and to help those who are struggling to know that they're not alone," said Cati Strempel, Prevention Program Director.

Changes to the 2020 Race: This year's registration fee has been reduced to \$25 to encourage greater participation. A packet of color powder (non-toxic colored cornstarch) will be mailed to registered participants along with a race day bib and finisher's medal. The Color Blast colors allow participants to show support for the community health issues that matter most:

- **Pink** – Substance Abuse Prevention
- **Purple** – Suicide Prevention
- **Yellow** – Recovery
- **Blue** – Mental Health Promotion
- **Green** – Problem Gambling Prevention

The Blast helps to raise funds to support Prevention programs in Douglas County, Oregon, such as mentoring and positive youth development.

Information and entry forms are available online at www.adaptoregon.org/prevention-education or follow us on www.facebook.com/theblastforprevention. Register online at www.getmeregistered.com/theblastcolorrun For more information, email Cati Strempel at catis@adaptoregon.org or call at 541-492-0198 and leave a message.