



FOR IMMEDIATE RELEASE

HEROES IN RECOVERY ANNOUNCES SECOND ANNUAL RACE IN LOUISVILLE, COLORADO

A Heroes in Recovery 6K Run/Walk event is taking place on July 13 to support those in recovery and break the stigma associated with addiction.

June 25, 2013 (Nashville, TN) – [Heroes in Recovery](#), a movement celebrating the heroic efforts of those who seek addiction and mental health treatment, is returning to Louisville, Colorado for one of its family-friendly 6K Run/Walk events. The goal of the race is to garner support for people in recovery and to educate the community at large about behavioral health issues. The Heroes in Recovery movement, ignited by [Foundations Recovery Network](#) (FRN), has been carried on the shoulders of supporters, advocates, friends, family members and all those touched by the disease of addiction.

[Millennium Laboratories](#) is the gold sponsor of the Heroes in Recovery 6K Run/Walk, which will be held on Saturday, July 13, at 8:00 am at Louisville Community Park in Louisville, CO. The race will begin and end in the park, taking participants on a scenic 6K (3.728 mile) looping course around the park.

The race will include awards presented to the top three males and females in the overall category. Additional prizes will be awarded to the top three male and female finishers in their age divisions. Registered participants will each receive a short-sleeve technical t-shirt and finisher's medal. This is a family-friendly event that will include food and entertainment for race participants and spectators.

The local charity beneficiary for this race is Phoenix Multisport, which fosters a supportive, physically active community for individuals who are recovering from alcohol and substance abuse and those who choose to live a sober life. Through such pursuits as climbing, hiking, running, swimming, road and mountain biking, and other activities, Phoenix Multiport seeks to help their members develop and maintain the emotional strength they need to stay sober.

This [Heroes in Recovery](#) event is the tenth race since 2011 in a series of 6K races being held across the country to raise awareness and destigmatize addiction treatment and recovery.

Previous events have taken place in Nashville, TN, Palm Springs, CA, Louisville, CO, Greenville, SC, Memphis, TN, Roswell, GA, and Fort Lauderdale, FL.

Early registration for all races is \$25, regular registration is \$30, and day-of-race fees are \$35.

For more information and to register, go to www.heroes6k.com

About Heroes in Recovery:

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), 20 million people needed substance abuse treatment last year and did not receive it. Ten million Americans did not receive needed mental health care. The stigma associated with substance abuse and mental health disorders creates a significant barrier to individuals and families seeking help.

Heroes in Recovery is a grassroots movement intended to remove the social stigma associated with people who are in recovery, to recognize the heroic effort it takes to overcome the obstacles in seeking help, and to celebrate the act of preventing the past from kidnapping the future. While the movement initially focuses on persons recovering from addictive behavior, it is also meant to recognize heroes recovering from mental health conditions that can feed or manifest from an addiction.

The Heroes in Recovery 6K races serve as an educational tool for communities as well as a reminder to individuals that while they are on a personal journey of recovery, many others are on that road with them. For more information or to register for any of the Heroes 6K races, go to HeroesInRecovery6K.com.

About Foundations Recovery Network:

Headquartered in Nashville, TN, Foundations Recovery Network is one of the premier organizations for treating those with co-occurring addiction and mental health disorders. FRN's treatment facilities includes Michael's House in Palm Springs, CA; The Canyon in Malibu, CA; La Paloma in Memphis, TN; and full-service outpatient treatment centers in Atlanta, GA; Santa Monica, CA; Memphis, TN; Nashville, TN; and Palm Springs, CA.

All FRN facilities utilize an integrated treatment approach, focusing on a Dual Diagnosis model for lasting recovery. www.foundationrecoverynetwork.com

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