VIRTUAL 5K &
SIXTH ANNUAL
X-CHALLENGE

SEPTEMBER 12 & 13, 2020
(LOCATION: ANYWHERE ON THE PLANET!)

Run, walk, or just join our virtual community for the fun updates, posts and pictures! ROCovery Fitness’ 6th Annual 5K and X-Challenge is a celebration of fitness and recovery, and a crucial fundraiser for this life saving organization—and this year, due to the COVID-19 pandemic, it is 100% Virtual!

NEW THIS YEAR: The Quad-Trail Warrior Challenge. Test your endurance by running all 4 trails, spanning the events’ history in just 2 days. Complete this challenge and get not only bragging rights, but also some cool Quad-Trail Warrior swag!

In just over five years, ROCovery Fitness has engaged over 4,000 individuals recovering from drug and alcohol addiction. We provide a safe place for recovery of both mind and body, helping people rebuild their lives and rediscover their inner strength and confidence through adventure, fun, and camaraderie.

The ROCovery Fitness 5K celebrates the hope we find in recovery, and remembers loved ones who have been lost to the disease of addiction. Whether you are running for yourself, for someone you love, or for someone you’ve lost, we hope you will run (or walk!) for ROCovery Fitness!

September is National Recovery Awareness Month.

Your participation and support helps raise awareness and provide hope in recovery to thousands battling addiction in our community and their families.

Register online: runsignup.com/Race/NY/Rochester/ROCoveryFitness5K or contact ROCovery Fitness: 585-537-0037; lindsay@rocoveryfitness.org
Join our run club community on Strava: www.strava.com/clubs/rocoveryruns