

# Ruud Rush 5K's Impact on RADD

by Julie Willoughby, Executive Director of RADD

RADD has been fortunate to be the recipient of proceeds from the Ruud Rush 5K Run and Fun Walk for the 2nd year. This event has had a widespread impact on programs for youth and adults with a range of developmental disabilities. RADD was inspired several years ago to implement a "Healthy Heart" campaign, which parallels the Ruud Rush mission to motivate and inspire people to engage in healthy lifestyles.

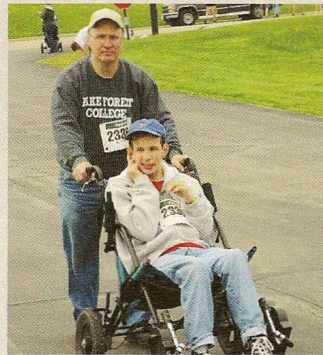
The money raised from the Ruud Rush continues to help RADD provide the tools and skills necessary for our clients to learn and practice healthy lifestyles. An adult fitness camp was held in the beginning of the year, introducing cardio kickboxing and aquasize to group members. RADD was also able to develop a summer garden program, where clients learn about nutrition and partake in all phases of growing a fresh fruit and vegetable garden. A separate program teaching heart healthy cooking will take place in the Fall. Our summer day camp, Camp Kinder, has incorporated health and fitness activities into field trips and the daily camp schedule. Kickboxing, swimming, bowling, organized games, sports and healthy snacks are only a few of the many examples.

There are a variety of community opportunities and day-to-day activities our youth and adult clientele would not have, were it not for the funds received from the Ruud Rush 5K. Through recent programs we are learning what clients are capable of and exposing them to a range of activities, which positively impact their physical, social and emotional wellness. This initial

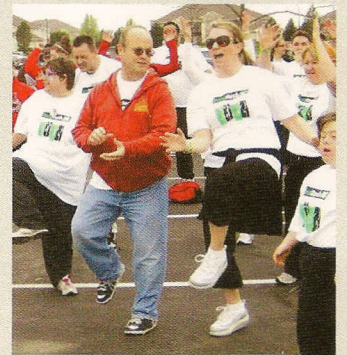


Judy Walborn (right) pins a racing bib on her sister Angie Ottman (left)

exposure has resulted in carry over into the day-to-day lives of clients and their families. One particular client has lost over 30 pounds and is taking his own initiative to exercise and eat healthy at home. This is one of many success stories we will have because of the financial support provided through the Ruud Rush 5K.



Paul Carlson with son Ben



John Johansen winds down during Zumba



The Stroo Family



Sharon Mucklin with son Mark



Jim and Tracy Frederiksen with daughter Nikki