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Recovering addicts build confidence, relationships in Flying Pig training

CINCINNATI (March 18, 2009) — Grady Cunningham says training for the Flying Pig Marathon is helping him “come out of the storm” that his life has been mired in.

The 45-year-old Cunningham, a participant in City Gospel Mission’s Exodus Recovery Program, has been meeting twice each week with other participants from CGM’s men’s and women’s recovery programs to train for this year’s marathon on May 2nd and 3rd.

In all, over 50 staff members, participants and volunteers will run as a part of City Gospel Mission’s Flying Pig team this year. The group is running to enhance the physical, spiritual and mental wellbeing of recovery program participants, to bring awareness to the success of City Gospel Mission and to raise help and give hope to the homeless, hurting and poor in Cincinnati. City Gospel Mission is located at 1419 Elm Street and has had a team participate in the Flying Pig now for the third year in a row.

On February 9, CGM’s team began a 10-week training program. The group, which meets each Wednesday and Saturday, has received support and guidance from Flying Pig Marathon staff members and running experts from the community. 16 of the team members are participants in Exodus, the men’s recovery program and 12 are from Having the Courage to Change women’s recovery programs.

“It really means a lot to us to see people supporting us, running with us and giving their time,” one program participant says. “You really do care.”

City Gospel Mission was founded in 1924 and is widely known for its work with homeless and hurting men and women. Exodus is a long-term residential recovery program for men struggling with drug or alcohol addictions. Having the Courage to Change provides structured transitional living to women who seek to recover from life-controlling behaviors such as substance abuse, prostitution, homelessness, job instability and abusive relationships.

For more information, log onto www.citygospelmission.org or contact CGM Vice President of Development Paul Spence at 513-345-1048; pspence@citygospelmission.org.