

# TEAM MISSION



*"I don't know what my sobriety would look like if I weren't running ... I love Team Mission."*

- LAURA FEET,  
MISSION GRADUATE

**Fight addiction and homelessness through running and cycling with TEAM MISSION.**

We're building and renewing healthy lifestyles — body, mind and soul — through community. We can't do this alone!

Support Team Mission by becoming a fundraiser! We've made it easy and fun to raise support to fight addiction and homelessness. Together we can change lives.



[ugm.org/teammission](http://ugm.org/teammission)

## **Regular Training — Year Round**

Join us every Saturday for race training. Our morning community trainings are phased so you can build up distance in preparation for longer races.

## **Half Or Full Marathons — June**

Team Mission participants have run in local half and full marathons, including Seattle Rock 'n' Roll and Seattle Marathon, among others. You'll be amazed how far you can go on a team.

## **Cycle Seattle to Portland — July**

STP is a 206-mile iconic bicycle ride with 8k participants. Join Team Mission and ride to support addiction recovery. STP's mission is to improve lives through bicycling.

## **Ragnar Trail — August**

Escape the city for an unforgettable running weekend. Teams of 8 runners will conquer the trail relay style at Crystal Mountain for two days. You will have epic views, make great friends and help raise money for addiction recovery.

## **Other Team Mission Events**

**March** – Run to End Homelessness

**August** – The Enforcer 5k with Kam Chancellor

**November** – Green Lake Gobble

## **Volunteer Opportunities**

Together, we can go farther! Our emphasis is on team and community, so if you've never run before or you can't imagine a day without a run, we'd love for you to join our team.

To learn more visit us at  
[ugm.org/teammission](http://ugm.org/teammission)

