



## **1,800 Mile Run for Families in Recovery**

1,800 miles. Six weeks. Six states. On Friday, September 20, Kenneth Anderlitch will embark on a run from Washington D.C. to San Antonio to create awareness and funding for a cause close to his heart. When he was 20 years old, he lost his mom to a drug overdose. Anderlitch himself struggled with substance use from a young age and found himself on the streets with nowhere to go. Now, celebrating eight years of sobriety and working at Haven for Hope, San Antonio's largest homeless shelter, Anderlitch is running to raise funds for a new program that allows parents/guardians who are in a substance use disorder recovery program to remain with their children.

Through his work at Haven and in talking to others in recovery, Anderlitch has found that one of the biggest gaps in the recovery community is that when a parent/guardian needs substance use disorder treatment, there are relatively no options for them to stay with their children. This means that if someone doesn't have family support, their children may be temporarily placed in foster care while they seek treatment. Limited treatment options allow families to remain together in San Antonio, and Anderlitch is running to change that. With the funding raised through Ken's Run, Lifetime Recovery, Pay it Forward SA, and Haven for Hope will be able to offer Families in Recovery, a new program located at Haven, for families to remain together as the parent or parents work on their recovery journey.

The ambitious run from Washington, D.C. to San Antonio is not Anderlitch's first big achievement as a runner. He began running as an activity a few years ago and found it helped him in his recovery journey as it keeps him focused on his physical and mental health. Soon, his running hobby led to running marathons. In November 2022 he began a 840 mile run across Texas to raise awareness for Pay it Forward SA, a nonprofit organization offering a bridge between substance use treatment and long-term recovery. Anderlitch completed the run in 19 days, the fastest known time (FKT) for this route. He used 14 pairs of shoes and averaged 44.2 miles/day, for a total of 840 miles. Anderlitch raised \$56,897 for Pay it Forward SA, the organization that helped him get back on his feet.

Pay it Forward SA, located on the Haven for Hope campus provides a sober living environment while offering recovery support for both men and women to help them rebuild their lives after they complete drug and alcohol rehabilitation. As a former client, Anderlitch wanted to raise awareness of the struggles of addiction and raise funds to support recovery resources.

This run from D.C. to SA will take him approximately six weeks, based on an average of 35/miles per day. It's an ambiguous goal, but one Anderlitch and those who know him believe he will reach, likely in record time.

Anderlitch hopes to raise \$50 for every mile he runs, raising \$90,000 for the new Families in Recovery program. "I feel strongly about giving back to those who helped me when I needed it the most. I wish my mom would have found help and healing and was with us today. Her memory keeps me motivated and I hope we will help many families with this new program," Anderlitch said. To follow his journey, visit [www.runkenrun.org](http://www.runkenrun.org). A map of this route has been posted, and there will be daily updates on his run and donation opportunities.

Media inquiries should be directed to:

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941-685-0204

Haven for Hope's mission is to offer a place of hope, love, and new beginnings by providing, delivering, or coordinating impactful care for people experience homelessness in our community.

Diana Reyes – Lifetime Recovery  
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Lifetime Recovery's mission is changing lives through comprehensive treatment of substance use disorders. Lifetime's programs provide a continuum of care that bridge a critical gap and are available to those who have no insurance, no financial means, or must rely on the safety net programs of the community.

Jerry Moore – Pay it Forward SA  
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Pay it Forward SA, provides recovery support and sober living facilities for both men and women to help them rebuild their lives after they complete drug and alcohol rehab providing them a significantly improved chance of staying clean and sober than with drug rehab programs alone.

To interview Kenneth Anderlitch before his run, please get in touch with Terri Behling at Haven for Hope. Pre-filmed interviews, and b-roll will be available throughout the during of his journey. Anderlitch will not be available for media interviews during his run.

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