

RRP 133 — Go the Distance 5K / The Joy of Showing Up, One Step at a Time

Presenters: Julie L and Peter D

Episode length: 1:04:49

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Julie and Peter bring the Real Recovery Podcast to the third annual Go the Distance 5K at Fernhill Park in Portland. This is a day filled with runners, walkers, volunteers, recovery organizations, families, and friends who show what it looks like to keep showing up for one another.

You will hear how a call from Daniel at DePaul helped start Go the Distance, why the weekly runs matter to people in treatment and recovery, and what the community around this event means to the people who gather there. Daniel's mom, Gloria, and his brother, Julian Sanchez, share what it means to see Daniel remembered in a place that has grown from one run into a community.

Key moments

- **01:28** Julie and Peter arrive live at the GTD 5K and meet Daniel's family.
- **05:52** The story of Daniel's call to Izzy, the permission slip, and the first runs before a meeting.
- **16:30** People from Fora Health share what movement, treatment, and community support mean to them.
- **20:47** On talks about supporting runners, families, and recovery stories at the 5K.
- **25:00** Devin from CityTeam shares why recovery and community brought him to the run.
- **26:07** Terry Leckron-Myers, She/Her, Senior Director of Programs at The Peer Company, introduces its peer-led work.
- **32:49** Skratch Labs explains the role of hydration and fuel for runners and cyclists.
- **39:43** Timothy talks about finding running in recovery and coming back to himself on hard days.
- **44:06** Greg shares a message about kindness, responsibility, and making a new day.
- **55:03** Skyler talks about recovery, long-distance running, and preparing for the New York City Marathon with Back on My Feet.
- **56:21** Leo from SportsLab and Athletic Republic explains why he supports GTD.
- **58:01** Izzy closes the episode with gratitude for the volunteers, partners, and community behind the third annual GTD 5K.

Websites and resources

- [Go the Distance](#)
- [On](#)
- [NW Natural](#)
- [Transcending Hope Institute](#)

- Another Chance
- Fora Health
- CityTeam Portland
- The Peer Company
- Skratch Labs
- Alano Club of Portland
- Back on My Feet
- SportsLab PDX
- Athletic Republic
- Thentic Nutrition
- Portland Parks & Recreation
- Voodoo Doughnut
- Smith Brothers Farms
- Discover Recovery
- Real Recovery Podcast

Listen to Episode 133: <https://mdcr1.com/133>

Read the episode blog: <https://mdcr1.com/133b>

“It's amazing to watch how much pride people have in the organization. It's really, really cool.”
Izzy, Go the Distance

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#OneStepAtATime, @realrecoverypodcast