

RRP 107 — Just Keep Showing Up

James S. on Running, Recovery, and Putting Sobriety First

Presenters: Julie P. Lewis & Peter B. Dowell

Episode Length: Approx. 1 hr 4 min

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Episode Summary

James S. couldn't finish a single lap around the track when he first got sober. Today, he's run the Portland Marathon twice. In this conversation, James opens up about years of using alcohol to get out of his own head and fit in, the downward spiral that followed his divorce, and the recovery journey that began at Fora Health. Through Go the Distance (GTD), James found not just a running community but a reason to keep showing up — especially on the hard days. He talks honestly about the challenges of being an introvert in recovery, rebuilding relationships with his kids, and the dream he's quietly building to give people in the construction industry a path out of silence and into sobriety.

Key Discussion Points

- [\[00:03:20\]](#) — How James connected with Go the Distance (GTD) through Fora Health and why movement became central to his recovery
- [\[00:06:23\]](#) — James's story: functioning alcoholic, divorce, downward spiral, and finally reaching out for help
- [\[00:08:43\]](#) — The mental health roots of his drinking — wanting to fit in and get out of his own head
- [\[00:11:48\]](#) — “I have to wake up every day and put my recovery before anything else — before my job, before anyone.”
- [\[00:26:07\]](#) — What sobriety actually looks like on the hard days — honest talk about not throwing in the towel
- [\[00:32:02\]](#) — Being an introvert in recovery: overthinking, communication challenges, and learning to show up anyway
- [\[00:41:10\]](#) — From one lap on the track to completing the Portland Marathon twice — a fitness journey in recovery
- [\[00:43:29\]](#) — Why GTD gave James more than motivation — belonging, accountability, and purpose beyond himself
- [\[00:55:01\]](#) — James's dream: building a life skills program for people in the construction industry where addiction goes unspoken
- [\[01:00:45\]](#) — Parting words: “Just keep showing up.”

Guest Quote

“I have to wake up every day and put my recovery before anything else. Before my job, before anyone.” — James S.

Websites Discussed

- [Fora Health Treatment & Recovery](#)

- [Go the Distance \(GTD\)](#)
- [4D Recovery](#)
- [True Colors Recovery](#)
- [Another Chance Recovery](#)
- [Real Recovery Podcast](#)

Episode Links

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