



PRESS RELEASE

February 24, 2026

Crook County Health Department Launches 12-Week Recovery Run Club

(Prineville, OR) - The Crook County Health Department (CCHD) is piloting a new 12-week Recovery Run Club designed to support individuals recovering from addiction or substance use disorder through movement, community, and encouragement.

The program combines physical activity with peer support, offering participants a structured and supportive environment during recovery. Organizers say the goal is to promote both physical and emotional well-being while building meaningful connections among participants.

“There are a lot of health benefits, obviously, to running, but when you're in recovery and you're in kind of more of a challenging period of your life, it's really helpful just to have a community around you, supporting you along the way,” said Haley Morris, CCHD Overdose Prevention Coordinator.

The 12-week program will culminate with participation in the Conquer the Canyon race on June 6th. Participants may choose to compete in the 5K, 10K, or half-marathon distances, depending on their comfort level and training progress.

To encourage participation and remove barriers, the first 10 individuals who register for the program will receive running shoes paid for by the Crook County Health Department.

Community members interested in joining the Recovery Run Club can register at: [Recovery Run Registration](#)

For more information about the program, please contact the Crook County Health Department at 541-447-5165.

Media Contact:
Katie Plumb, Director, CCHHS
Katie.Plumb@crookcountyor.gov
(541) 447-5165