



NCPOA's S.O.S 5K

(Sweating Over Suicide)

October 9th 2021

9am Race Start

This year the North Coventry Township Police Officer's Association is hosting its first 5K! We will be holding this event for suicide prevention and awareness in conjunction with OJR School District Mental Health Advocacy Committee's DAY OF HOPE.

Suicide is the 10th leading cause of death in the US. Further statistics show that suicide is the 2nd leading cause of death in adolescents. Suicide shows no boundaries and affects everyone equally across all ages, genders, and races. In the United States, approximately 1 person dies by suicide every 11 minutes. Worldwide, a life is lost from suicide every 40 seconds. Our law enforcement officers are at risk of suicide twice that of other members of our community, and every day we lose 22 veterans to suicide. Together we believe we can make an impact in reducing the stigma related to suicide and help those who suffer in silence.

In a way to symbolize our hopes in helping to "lift" people up in their time of need, we have set up a secondary part to this race which is completely OPTIONAL. With the help of Fitness 1440 located at 58 Glocker Way, Pottstown, we are giving everyone who registers an opportunity to shave time off of their total 5K time by lifting some weights. Details for this part of the event are located on the race signup page.

There will also be a fun run for the kids as well as a walk/roll event for those who cannot complete a 5k run. These events will kick off the OJR MHAC's Day of Hope. After the race, A Day of Hope will continue with a small community day event with live music, food, and opportunities to speak with advocates regarding mental health awareness and suicide prevention.

We hope you stick around to enjoy the fun!

For more race information and registration please go to:

<https://runsignup.com/Race/PA/Pottstown/SweatingagainstSuicide>