

Back on My Feet and The Ragnar Relay

We are thrilled to announce that [Ragnar Relay](#) has chosen Back on My Feet Philadelphia as its official charity partner for the first ever [Ragnar Relay Pennsylvania](#)! Join the team October 7th-8th as a runner or as a volunteer while Ragnar Relay donates back to BOMF!

Running the Race

You and 11 friends can be among the first to conquer the scenic Lancaster to Mt. Pocono course and experience this 197-mile relay! Your team will pass through Reading and spend time running through Pennsylvania Dutch country and farm communities, meanwhile weaving across the Schuylkill River under fall foliage. Then, travel north and finish in the Poconos Mountain resort area where you can party "Ye Olde Ragnar" style with bragging rights to boot.

[REGISTER NOW](#) for \$90 during early registration and Ragnar will donate \$300 to Back on My Feet when you use the BOMF promotional code! Early registration ends June 15th.

Back on My Feet promotional code: PA11BOMF

Volunteering at the Race

Back on My Feet will earn a \$100 donation from Ragnar Relay for every person that volunteers to help at the race! To learn more about volunteering, visit the [Ragnar Relay website](#) or email Cathryn@backonmyfeet.org with any questions.

Nikia's Nippy Nor'easter Half-Marathon and Relay

The Back on My Feet [Nikia's Nippy Nor'easter Half Marathon & Relay](#) on March 19th is back for the second year and is already over halfway full! [Register](#) for your spot before the price increases February 18th! All-Star spots vying for real estate on the race premium are still up for grabs. Please contact Jackie at Jackie@backonmyfeet.org or visit our [website](#) for more information.

Philadelphia Member of the Month: Oba

Since starting with Back on My Feet last May, Oba, a member of the team at Ready, Willing & Able, has run almost 200 miles and maintained 93% attendance. When he joined BOMF, he didn't realize what he was getting himself into. Oba had come to Ready, Willing & Able after making some bad decisions and irresponsible behavior, which he attributed to being headstrong and immature. He believes in second chances and running with the opportunity when you get one; that's exactly what he's done since moving to Ready, Willing & Able and joining BOMF! To read the rest of Oba's story, visit the BOMF Blog!

Dallas Chapter Launched on February 14

Back on My Feet launched its sixth chapter, Dallas-Fort Worth, with a one-mile kickoff run and breakfast on Monday, Feb. 14th. Dallas was selected as an expansion city due to its sizeable homeless population, thriving running community and strong corporate and individual financial support. Welcome Dallas-Fort Worth! Read more about the launch [HERE](#).

Follow BOMF on Facebook

Keep up with all the latest Back on My Feet news and events by following us on our [Back on My Feet Philadelphia page](#)!

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