

For immediate release: April 19, 2022

Contact Ryan Luchau: ryan.luchau@impactmontana.org; 406-431-6530; <https://impactmontana.org>

IMPACT MONTANA KICKS OFF 2022 EVENTS PROGRAM TO BENEFIT MONTANA VETS APRIL 23

HELENA, MONTANA—Impact Montana, a nonprofit organization that helps active military, veterans, first responders, and their families achieve overall wellness, is kicking off their 2022 events with a Montana Warrior Run at Spring Meadow State Park in Helena on Saturday, April 23.

Categories include a 1-mile fun run, 10k, 5k, and trifecta (all three races), plus a virtual race. Registration is limited to 75 entrants per category and spots remain for the 10k and 1-mile events. Registration fees range between \$25 and \$40. All proceeds benefit Impact Montana, and discounted fees are available for military veterans, active military, and youth.

Impact Montana promotes holistic wellness to help active U.S. service members, veterans, and their families thrive, through physical, financial, social, career, spiritual, and family support. The organization partners with fitness and holistic health centers in Montana to provide integrative health solutions. Partners include Helena's Crossroads, Fuel Fitness, Capital City Health Club, Dynamic Health Technologies, Mountain Wellness, Made-to-Move Chiropractic, Premier Fitness, and Thrive Solutions as well as partners in Butte, Bozeman, Billings, Missoula, and the Flathead Valley.

Executive Director Ryan Luchau founded Impact Montana while serving in the Montana Army National Guard and shaped IM based on his military experience. He managed his own recovery process for chronic pain and fatigue through a combination of integrative health solutions such as sensory deprivation and biofeedback. "I knew, from my own experience," Luchau says, "there was a huge need to help Montana veterans overcome PTSD, physical trauma, and other service-related challenges."

The Impact Montana program begins with a thrive factor assessment to determine a person's areas of strength and potential. IM then works with the individual and his or her family on a holistic plan to achieve and maintain wellness. "Our goal," Luchau says, "is to help our military and first responders overcome their obstacles, so that they and their families can thrive."

Impact Montana is holding the following events, in addition to Saturday's run, to raise funds and awareness:

- The annual Montana Warrior Challenge, a team event simulating physical military challenges, is slated Saturday, June 25, beginning at 8 a.m. Broadwater Park in Helena.
- The challenge will be preceded by a Community Event on Friday, June 24, beginning at 5 p.m., at Broadwater Park. This family event will feature music, food trucks, an obstacle course for kids, local and statewide vendors, and raffles.

Impact Montana is supported by numerous organizations, including the Harnish Foundation, Dennis and Phyllis Washington Foundation, Gianforte Family Foundation, Thrivent Financial, iFlyBigSky, Boeing, BNSF, and Blue Cross Blue Shield of Montana, as well as numerous individual donors.

The nonprofit seeks event participants, community leaders, partners, and advocates. To learn more, contact Impact Montana at impactmontanateam@gmail.com or 406-431-6530.

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