

May 5, 2018
Press Release for Immediate Release

***In the Running:
Hope House 5K Supports Self-Sufficiency Programs for Teen Moms***

(Avada) Bringing together 300 participants to support Hope House of Colorado's free self-sufficiency programs for teen moms, the fifth annual Hope House 5K & Fun Run was held on Saturday, May 5, at Lake Arbor Park in Arvada,

The 5K, which raised over \$30,000, was an official BolderBOULDER qualifying race. The event also included family-friendly activities such as the Diaper Dash, where children competed in smaller heats.

Lenny Archuleta was the overall 5K winner with a time of 19:13. Jessica Blatecky won the adult female division at 20:34.

"The local community has shown us incredible support since we first opened our doors 15 years ago," said Lisa Steven, founder and executive director of Hope House. "Everyone who came out for our 5K & Fun Run plays a part in helping our teen moms build new futures — for themselves and their children. Together we are changing two generations."

Hope House, a nonprofit organization that offers free educational and self-sufficiency programs to parenting teen moms from all over the Denver-metro area, will serve 200 teen moms and 300 children this year. For more information on Hope House, see hopehouseofcolorado.org.

Caption Photo 1: Overall winner Lenny Archuleta crossed the finish line with a time of 19:13. (Photo credit Stephanie Trowbridge)

Caption Photo 2: The Diaper Dash is a big hit with the little ones at the annual Hope House 5K & Fun Run. (Photo credit Stephanie Trowbridge)

Caption Photo 3: The 2018 Hope House 5K & Fun Run brought over 300 people to Lake Arbor Park in Arvada on Saturday morning. (Photo credit Stephanie Trowbridge)

About Hope House of Colorado: Hope House of Colorado is metro-Denver's only resource providing free self-sufficiency programs to teen moms, including Residential, GED and College & Career Support services. Additional supportive services include parenting and life skills classes, healthy relationship classes, financial literacy workshops and certified counseling, all designed to prepare them for long-term independence. Hope House relies on numerous volunteers and local business partnerships to accomplish its mission. [Hopehouseofcolorado.org](http://hopehouseofcolorado.org).