

Why I'm Running for Homelessness: Meet Chuck - 70 Years Old

Running for A Few Powerful Reasons

Whether a seasoned marathoner, or a first time 5K participant- every runner has something that keeps them putting one foot in front of the other. For 70 year old Chuck Aron, soon to be 5-time participant of A Safe Haven's 5K Run! To End Homelessness-these motivations are multifaceted. In 2004, after nearly a thirty year hiatus from the sport, Chuck returned to running in honor of the brother-in-law, who was like the brother he never had, who he lost to early on-set Alzheimer's disease. This year he will run 73 races to raise awareness of the importance of mental health treatment for all-including those often left without care: the homeless.



Chuck Aron, Lawyer and Runner; Neli Vazquez Rowland, President ASHF

Chuck explains that mental health conditions such as Alzheimer's and Dementia effect all facets of the community; "the homeless usually do not have access to the healthcare treatment they need to overcome these diseases". A Safe Haven Foundation addresses this need by providing behavioral health, substance abuse treatment and healthcare coordination to homeless individuals from across Chicago. By participating in A Safe Haven's 5k Run! To End Homelessness, Chuck will bring together two-causes that are close to his heart and most of all to honor his brother-in-law. Chuck commends that having experienced many races, he always returns to A Save Haven:

"The A Safe Haven race features the most diverse group of runners I have ever seen! On the day of the run the atmosphere in the neighborhood is joy and excitement-to me that is a true testament to just how much the community respects the work of A Safe Haven Foundation". - Chuck Aron