



PRESS RELEASE

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Seattle Mariners Annual *Refuse To Abuse*® 5K Run/Walk Goes Virtual for Domestic Violence Prevention

The Seattle Mariners will host their ninth annual [Refuse To Abuse® 5K](#) this weekend, only this year the race is going virtual. The event has adapted to meet the health and safety needs of the community during the COVID-19 pandemic. Participants usually wind their way through every level of T-Mobile Park, but on Saturday, July 11 runners and walkers will take to the streets of their own neighborhood for their 3.1 miles. Social media engagement will feature video appearances by Kyle Seager, Dan Wilson, and the Mariner Moose.

The event builds on a 24-year [award-winning](#) partnership between the Mariners and the Washington State Coalition Against Domestic Violence (WSCADV) to promote healthy, respectful relationships through the [Refuse To Abuse® violence prevention campaign](#). Domestic violence and sexual assault thrive in silence and are on the rise during this time of social distancing. Hearing the phrase “stay safe, stay home” can be incredibly isolating to someone whose home is not a safe place to be. One thing everyone can do to help is simply reach out to the people you care about. Knowing someone is there to listen can be a lifeline.

Every person participating in the virtual *Refuse To Abuse*® 5K will receive tips and tools from WSCADV’s [Friends & Family Guide](#) on how to help a loved one who is experiencing abuse. “This event has always been a time to celebrate the resilience of survivors and the power of community,” said Judy Chen, Executive Director of WSCADV. “At a time when so many survivors—and our communities as a whole—are experiencing isolation, we hope participating in this virtual event will provide some much needed connection, and communicate to everyone experiencing abuse that you are not alone.”

Many of this year’s participants are also fundraising for the cause. Every dollar raised supports WSCADV’s work with teens and youth engagement, the development of [concrete tools](#) to help start [conversations with young people](#) about healthy relationships, [policy advocacy](#) on behalf of survivors of abuse, and [programming](#) to prevent future violence.

About Refuse To Abuse®

Refuse To Abuse® is a 24-year partnership between the Seattle Mariners and the Washington State Coalition Against Domestic Violence to promote healthy, respectful relationships. Print, radio, and television public service announcements are produced each year featuring prominent Mariners players and managers, reaching hundreds of thousands of Mariners fans. This year's campaign features Dee Gordon, Kyle Seager, and Scott Servais, and receives in-kind support from the marketing firm Craters of the Moon.

About the Washington State Coalition Against Domestic Violence

Founded in 1990 by survivors of domestic violence and their allies, the Washington State Coalition Against Domestic Violence (WSCADV) is a non-profit network of over 70 domestic violence advocacy programs across the state of Washington. WSCADV improves how communities respond to domestic violence and works to create a world where all people can live and love without fear. WSCADV's work includes research, training and technical assistance, producing educational tools, engaging the public to prevent domestic violence, and policy advocacy. To learn more, please visit wscadv.org.

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