



PRESS RELEASE

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Contacts:

Rebecca Hale
Seattle Mariners
206-346-4324
rhale@mariners.com

Kelly Starr
WA State Coalition Against Domestic Violence
206-389-2515, ext.210
kelly@wscadv.org

Seattle Mariners Host Eighth Annual *Refuse To Abuse*® 5K Run/Walk Inside T-Mobile Park for Domestic Violence Prevention

Before the Seattle Mariners take on the Los Angeles Angels on Saturday, July 20th, T-Mobile Park will be filled with runners and walkers taking a stand against domestic violence. The sold out [Refuse To Abuse® 5K](#) is the only 5K that uses T-Mobile Park as its entire course. Participants will have access to every level of the ballpark, from the view deck to the players' tunnel to the final lap around the field. The event builds on a 23-year 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](#).

WSCADV's research on domestic violence fatalities found that nearly all (92%) of the victims in homicides studied reached out to family and friends for help before their death. Victims turned to these informal support systems earlier and more often than the police (52%) or the courts for a Protection Order (31%). Every participant at the *Refuse To Abuse*® 5K this year will receive WSCADV's new [Friends & Family Guide](#) on how to help a loved one who is experiencing abuse. The guide also includes tips and tools for supporting teens to have healthy relationships and how to talk to someone who is harming or abusing their partner.

"Friends and family are often the first line of support for survivors of abuse and their children, especially in communities of color, LGBTQ people, and among immigrants where community support is so important," said Judy Chen, Acting Executive Director of WSCADV. "We are so appreciative of the Seattle Mariners, their fans, and our supporters for coming together at this event and being a part of the solution to ending domestic and sexual violence."

Many of this year's participants are also doing 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 23-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, Felix Hernandez, 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 freely 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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