

SPOTLIGHT: Phoenix Multisport



Phoenix Multisport provides a sober active support network for individuals in recovery from a substance use disorder. Phoenix Multisport seeks to help its members develop and maintain the emotional strength they need to stay sober. Phoenix Multisport views recovery not only as a personal journey, but also as a community journey. Their mission is to foster a supportive, physically active community for individuals who are in recovery and for those who choose to live sober.



How It Works

Phoenix Multisport's programs are led by instructors who are in recovery and certified in the discipline they teach. Instructors understand the pain often associated with addiction and by sharing their personal story of recovery, they are able to make a special connection, encourage others and demonstrate that one can enjoy and build a full life in recovery. These peer-to-peer facilitated free programs provide opportunities for individuals to build new sober friendships that will help support them in their recovery journey. Available activities vary based on the geographic location, and may include indoor and outdoor rock climbing, hiking, running, CrossFit, strength training, yoga, road and mountain biking, social events and more.

Participation is free so that members are able to access a safe and supportive community that fosters sobriety without the financial barriers that can often deter

"Phoenix for me is a shared transformation with other sober people. Over and over again, in that last mile, that last burpee, that last moment of topping out on a climb, I get to push past my own perceived limitations and discover that I'm more than what I thought I was. I get to do all this with other sober people, and because of that, I get to experience a connectedness with other people I've never known before. They are my family now."

– Steve Sirianni, Team Member,
Phoenix Multisport

people from seeking the help they need to get or stay sober. The only requirement to take part in these free programs is to have at least 48 hours of continuous sobriety. Everyone must sign a code of conduct, which boils down to the idea that "anything that isn't nurturing isn't welcome."

For many people in recovery, the necessary lifestyle changes in early sobriety can feel incredibly intimidating and lonely. Phoenix seeks to remedy this by providing a safe, fun, and welcoming community of support for



Spotlight Series: highlighting innovative programs across the nation enacting a comprehensive strategy to address substance use disorders and addiction.

“For me, going up to the top of mountains and crossing finish lines was how I healed my self-esteem, and once I healed my self-esteem, it was then possible for me to get sober. I wanted to create a place where anybody who has been clean and sober for 48 hours could show up and access that same thing.”

– Scott Strode, Founder,
Phoenix Multisport

- 60 percent reported improvements in their overall health; and,
- Roughly half (49 percent) had more motivation to stay sober; and,
- 75 percent stayed sober.

Stakeholders & Partners

Phoenix Multisport collaborates with a variety of stakeholders in each of the six cities where it is located. The majority of its funding comes from gifts, grants and donations. Phoenix Multisport also partners with formal treatment centers where clients can take part in programs offered at the treatment center by Phoenix Multisport instructors or where clients are brought to a Phoenix Multisport facility to participate in programming. This partnership helps introduce individuals while in treatment to the Phoenix Multisport sober community where they can continue to attend programs once they leave treatment. Phoenix Multisport also provides programs for individuals involved in the criminal justice system.

The Future of Phoenix Multisport

Phoenix Multisport receives requests daily, to open new facilities across the country. The addiction crisis facing our nation impacts all walks of life and everyone knows someone touched by this disease. Financial stability is necessary to operate a chapter of Phoenix, so there must be community support. Phoenix Multisport is currently in discussion on how best to expand into these new communities.

Phoenix Multisport recently launched a beta program called Human Strength, which is available in Philadelphia, at Fearless Athletics, a gym in South Philly that specializes in CrossFit. The gym is open on weekends to individuals in recovery and like Phoenix Multisport, the only qualifier is to have at least 48 hours of continuous sobriety. Scott would like to open a full-fledged Phoenix Multisport in Philly when the financial support is raised.

Building Phoenix Multisport

Phoenix Multisport was founded in Boulder, Colorado, by Scott Strode in 2006. Scott is an accomplished triathlete, mountain climber, ice-climber, and has been sober for over 19 years. He developed this program to help individuals find a path to long term recovery. In the past 10 years, Phoenix Multisport has served over 19,000 people in six cities across four states—Boise (ID), Boston (MA), Boulder (CO), Colorado Springs (CO), Denver (CO), and Orange County (CA).

Eligibility Criteria

Community programs are free to anyone who has 48 hours or more of uninterrupted sobriety.

Demonstrating Success

Phoenix Multisport measures success on a variety of metrics. Among participants, they have found that:

- 73 percent had improved self-esteem;
- 82 percent felt safe emotionally;
- 65 percent had improved attitudes toward sobriety;
- 64 percent had improved attitudes towards activities not involving drugs or alcohol;

Resources & References

Phoenix Multisport website: www.phoenixmultisport.org.

Scott Strode’s TEDxMileHigh Talk: www.youtube.com/watch?v=Wh9O3-ciOYs.

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Kathleen Toner. “Ex-addicts staying sober through sport.” CNN. February 9, 2012. Available at: www.cnn.com/2012/02/09/living/cnnheroes-strode-phoenix.