Confidia Health Partners with Connecticut Law Enforcement Memorial Run

MetaLab by Confidia brings health, fitness and friendly competition to the October 25 event with its "Can You Beat Brian?" Grip Strength Challenge



Law enforcement officers and supporters take part in the 2025 Connecticut Law Enforcement Officers Memorial Run, bringing agencies and communities together in remembrance and support.

BRISTOL, CT, UNITED STATES, October 5, 2026 /EINPresswire.com/ -- Confidia Health Institute is partnering with the 16th Annual Connecticut Law Enforcement Officers Memorial Run on Sunday, October 25, 2026, continuing its support of local heroes through the Confidia Cares initiative. As part of the partnership, MetaLab by Confidia will bring health, fitness and friendly competition to race day with an interactive "Can You Beat Brian?" Grip Strength Challenge.

The 5K begins at 10 a.m. at Wadsworth Mansion, 421 Wadsworth Street in Middletown, followed by an after-party at Concentric Brewing Company in Portland.

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>
> *Brian Barao, Race Director*

Now entering its 16th year, the Connecticut Law Enforcement Officers Memorial Run brings together officers from agencies across Connecticut, retirees, recruits, families, friends and community supporters to honor law enforcement officers who lost their lives in the line of duty. Over its history, the race has raised more than $150,000 for the National Law Enforcement Officers Memorial Fund.

For Race Director Brian Barao, a police officer of more than 16 years, the mission is deeply personal.

“This run gives us a way to honor those officers, support the families, friends and fellow officers they left behind, and hopefully do something positive with that loss,” Barao said. “It’s something I’m incredibly proud to be a part of every year.”

The names of Connecticut law enforcement officers who have lost their lives in the line of duty are printed on the back of the race shirt, giving participants a visible reminder of who they are running for.

“This is much more than just a 5K,” Barao said. “When you put that shirt on and run, you’re literally carrying their names with you and running for officers who no longer can.”

This year, MetaLab by Confidia will add a new element to the event with the “Can You Beat Brian?” Grip Strength Challenge. Barao has already stepped into MetaLab to establish the benchmark, and on race day participants will have the opportunity to put their own strength to the test.



A moment from the 2023 Connecticut Law Enforcement Officers Memorial Run reflects the event’s mission to respect, honor and remember officers who lost their lives in the line of duty.



A runner carries a Bristol Police Department memorial flag during the 2024 Connecticut Law Enforcement Officers Memorial Run.

A live leaderboard will put law enforcement departments head-to-head throughout the event, tracking results to see which agency comes out strongest. The strongest individual competitor and one event raffle winner will each receive a complimentary full MetaLab circuit and a special event prize.

Officers and departments can put their names on the board now at portal.optimizinggroup.com/beat-brian. Signing up adds a race-day reminder, sends each competitor their grip score after they test, and enters them in the drawing for a complimentary full MetaLab circuit.

The message behind the challenge: “Grip strength is just the starting line.”

While the race-day challenge offers one snapshot of physical performance, MetaLab provides a more comprehensive look at health and performance. For Confidia, the partnership is rooted in a reciprocal message of support for the men and women who put their lives on the line for their communities every day.

“We serve those who serve,” said Kevin Greene, MD, founder of Confidia Health Institute and MetaLab by Confidia. “Law enforcement officers put their lives on the line to protect us every day. This is an opportunity for us to give back by helping protect their health.”

The connection is one Barao believes aligns naturally with the mission of the event.

“Confidia Health and MetaLab have been tremendous supporters of law enforcement, and their focus on proactive health, fitness and longevity fits perfectly with what we’re trying to promote through this event,” Barao said. “We need to support officers and keep them healthy, and I think this is a very mutual goal between our two organizations.”

Community and business support also helps offset the costs of producing the nonprofit event, allowing proceeds generated through race registrations and donations to go directly to the cause.



Police motorcycles lead runners at the 2024 Connecticut Law Enforcement Officers Memorial Run, bringing law enforcement agencies and community supporters together to honor fallen officers.



Connecticut Law Enforcement Officers Memorial Run Race Director Brian Barao joins MetaLab technician at MetaLab by Confidia ahead of the October 25 event and its new “Can You Beat Brian?” Grip Strength Challenge.

For organizers, growing participation is about more than increasing the size of the race. One of

the goals is to see as many law enforcement agencies represented as possible.

“When an officer falls, it doesn’t matter what patch they wore or what level of law enforcement they served in, we all feel that loss,” Barao said. “Having every agency in the state come together really shows what this event is about.”

This year’s event will conclude with an after-party at Concentric Brewing Company, a first-responder-owned business, with raffle prizes and additional support from organizations including the Boston Red Sox, Boston Bruins, New York Giants, Hartford Wolf Pack and Hartford Yard Goats.

Organizers are encouraging officers, families, friends and community supporters to take part in this year’s event.

“You don’t have to be a serious runner and your finishing time doesn’t matter as much as your support does,” Barao said. “Walk it, run it, challenge yourself, bring your friends or your department, and be part of something bigger than yourself. Come out and run with purpose.”

The 16th Annual Connecticut Law Enforcement Officers Memorial Run takes place Sunday, October 25, 2026, at 10 a.m. at Wadsworth Mansion, 421 Wadsworth Street in Middletown, Connecticut. Those who cannot participate can also support the cause through donations. To register, donate or learn more, visit CTLEOMR.org.

The partnership is a natural extension of Confidia Cares, Confidia Health Institute’s ongoing commitment to giving back to the communities it serves. Through Confidia Cares, the practice has worked to honor local heroes, support education and create opportunities to strengthen community health and well-being. The Memorial Run continues that mission by honoring officers who made the ultimate sacrifice while supporting the health and longevity of the men and women who continue to serve.

Patient Access

To learn more about MetaLab or other services offered by Confidia Health Institute, call (860) 378-2891 or visit ConfidiaHealthInstitute.com.

About Confidia Health Institute

Confidia Health Institute is a primary care and advanced health facility with offices in Bristol and Plantsville, Connecticut. Dedicated to comprehensive patient care and community wellness, Confidia combines modern medical services with a commitment to education, prevention, philanthropy, and ethical healthcare practices. Its programs include MetaLab, a state-of-the-art metabolic testing and longevity lab, and Confidia Advanced Wound Specialists, an advanced wound care and general surgery program.

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