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2026 Ridge Road Run 5K

VIRTUAL RACE BAG



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ENCOURAGING CONNECTION, CONVERSATION, AWARENESS,
AND SUPPORT THROUGH COMMUNITY ENGAGEMENT AND ATHLETICS

STRONGER TOGETHER.

AWARENESS • CONNECTION • SUPPORT • COMMUNITY



AWARENESS GAMES

Mobilizing teams and schools
to bring mental health
conversations into athletics.



STUDENT LEADERSHIP

Empowering students to
break the stigma and
lead the change.



TEAM ENGAGEMENT

Custom apparel and
initiatives that unite
teams and communities.



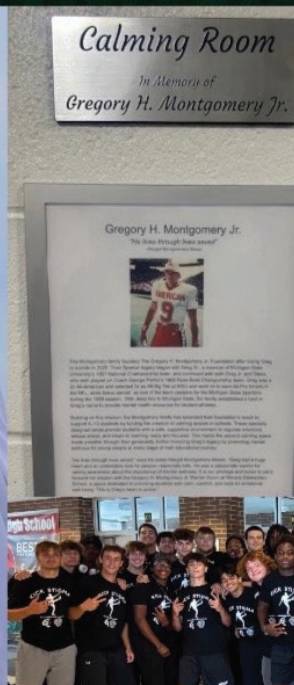
COMMUNITY PARTNERSHIP

Working together with schools,
families, and organizations
to create lasting impact.



RESOURCE AWARENESS

Providing tools, resources,
and spaces that support
student well-being.



Kick Stigma
Stick it to Stigma
Slam Stigma
Strike Out Stigma
Leave Stigma in the Dust

Awareness Games are a community-based mental wellness initiative that uses athletics, leadership, and engagement to encourage connection, promote awareness, and provide support for students-on and off the field.

TOGETHER, NO ONE STANDS ALONE.



UltimateGrowthFoundation.org



@ghm_jr_foundation4ug



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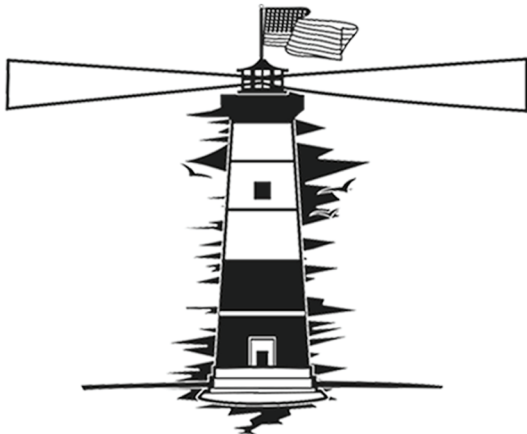
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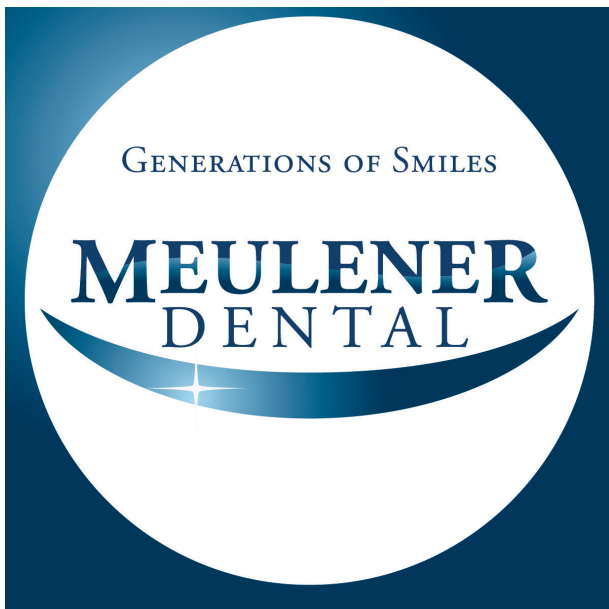


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Financial assistance is offered
based on availability of funds.

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thank you!

RIDGE ROAD RUN ALLIANCE

CONGRATULATIONS TO ALL THE
RIDGE ROAD RUN 5K PARTICIPANTS!



cpc

INTEGRATED
HEALTH