



www.RidgeRoadRun5K.org

March 2021

Dear

The 4th annual Ridge Road Run 5K for suicide prevention and mental health awareness will be a virtual race held on **Sunday, May 23, 2021**. Proceeds will be used for suicide prevention education, mental health/wellness initiatives and to raise general awareness of suicide and mental health in Red Bank Catholic (RBC), Red Bank Regional (RBR), and Rumson-Fair Haven (RFH) High Schools.

In 2017, 7 students from the three area high schools RBC, RBR, and RFH joined forces to make a change in their schools and greater communities. They had many things in common but two main things stood out: All of their high schools were located on or close to Ridge Road and all had been touched tragically by a death by suicide. Collectively they decided to put their school rivalries aside and created the Ridge Road Run 5K. 2018 launched the race. Funds have been awarded to each of the 3 schools and the Mental Health Association of Monmouth County.

We are proud to carry on that tradition. This year we created **The Ridge Road Run Ambassador** program at each school, collectively we have over 40 students participating. Ambassadors work to “end the stigma” in their schools, apply for grant money from the race, promote the race and disseminate information to their schools and greater community.

Now more than ever we need your help. Mental health concerns are mounting and will be the next crisis as we move into whatever our “new normal” is. We want to ensure our communities in and outside of school have what they need to meet emerging needs.

Join us as a Ridge Road Run Sponsor today. Visit our website to learn more about the race and support opportunities. www.ridgeroadrun5k.org. Make an impact in the lives of students and their communities.

We are #strongertogether.

Sincerely,

2021 Ridge Road Run Ambassadors

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IG/FB/Twitter: @ridgeroadrun



Red Bank Catholic
High School



Red Bank Regional
High School



Rumson-Fair Haven
Regional High School

Checks payable to: The Source Foundation. Memo section: Ridge Road Run
Address: RBRHS, The Source, 101 Ridge Road, Little Silver, NJ 07739