

LIZ HURLEY RIBBON RUN 5K



an event of **HH** HUNTSVILLE HOSPITAL FOUNDATION

OCTOBER 19, 2024
Downtown Huntsville

Digital Race Packet





an event of  HUNTSVILLE HOSPITAL FOUNDATION

Reminder

PACKET PICK-UP

If you are not on a team, or if you registered on a team with six or fewer runners, you will pick up your 2024 Liz Hurley Ribbon Run race bib and T-shirt this week at the Huntsville Fleet Feet Sports in Jones Valley.

If you are on a team with seven or more runners, your team captain will have your bib and race shirt.

- **Wednesday, October 16 | 10 a.m. to 7 p.m.**
- **Thursday, October 17 | 10 a.m. to 7 p.m.**
- **Friday, October 18 | 10 a.m. to 7 p.m.**

Fleet Feet Sports Huntsville: Carl T Jones Drive SE B2, Huntsville, AL 35801

Please have your bib number ready to pick up your packet. You should have received this number in an email labeled "Ribbon Run Bib Assignments."

You can also find your bib number by signing into runsignup.com, clicking the person icon in the right corner and clicking "Profile." Scroll down to "Upcoming Events" and find your number under 21st annual Liz Hurley Ribbon Run. We will also have a list of bib numbers at packet pick-up.

Survivor bibs will be available at packet pick-up for all survivors registered for the 5K. Additional survivor bibs for non-5K participants will be available on race day at the Huntsville Hospital Foundation tent in Tent Village, across from Huntsville Junior High School.



2024 LIZ HURLEY RIBBON RUN

October 19, Huntsville Junior High School

Survivors' Walk: 8 a.m. | 5K: 8:30 a.m.

Thank you for participating in Huntsville Hospital Foundation's 21st annual Liz Hurley Ribbon Run! Over the course of 21 years, the Liz Hurley Breast Cancer Fund at HHF has raised more than \$7.3 million to provide almost all of the diagnostic equipment that is used to detect breast cancer at Huntsville Hospital Breast Center. This year, proceeds will fund important software upgrades for three 3D mammogram machines that will improve the appearance of mammographic images for more accurate diagnoses..



Thank you for making this level of technology possible for women in our region!

 **Liz Hurley**
BREAST CANCER FUND
at Huntsville Hospital Foundation

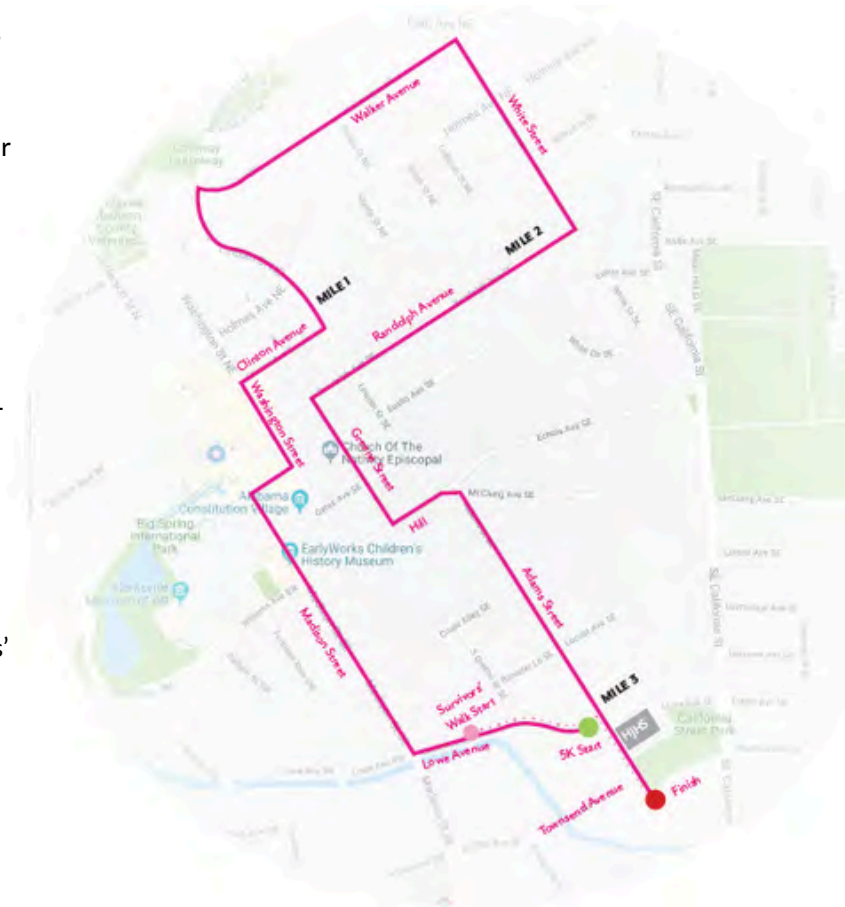
IMPORTANT RACE INFORMATION

Pre-Race

- 5K runners will receive a race timing B-Tag attached to the back of the race bib. **Please do not remove the B-Tag.** It must be attached as you cross the start and finish lines.
- Your runner number and B-Tag are key to determining your final 5K results. You will not be considered an official participant or scored after you cross the finish line unless you are wearing your runner number with B-Tag. Your runner number must be visible and **pinned to the front** of your shirt or shorts so it can be seen by race volunteers.
- Verify your name is printed on your race bib, and that all information is correct. If not, report to the late packet pick-up table by the doors of the Junior High School.
- Please do not cut, tear or fold your race bib.
- Use the pin holes. Please do not pin through the B-Tag on the back of your number.

5K Race

- The 5K will start at 8:30 a.m. following the 8 a.m. Survivors' Walk. Please arrive by 8 a.m.
- Water and refreshments will be available in the finish line area. You must be wearing your race number to receive refreshments.



Timing & Aid Stations

- Timing mats will be placed at the start and finish lines. Results will include both gun start time and mat (B-Tag) start time. Awards will be determined based on gun start time only.
- A water station will be provided along the race route and at the finish line.

Finish Line

- All runners will use the same finish line. Run through the finish line. Please do not stop.
- Remember to look up at the digital clock to see your race time as you approach the finish line!

Notice: For the safety of your child and other participants, we *strongly discourage* the use of strollers and/or baby joggers. All participants who take the risk of using strollers will be directed to the back of the race lineup. Unregistered runners, unauthorized vehicles, bicycles, skateboards, roller blades, animals and the wearing of headphones are *strictly prohibited* on the course during the race.

Survivors' Walk

The Survivors' Walk starts at 8 a.m. Survivors, please line up at the SURVIVORS pink flag near the west end zone of the football field, west of the start line on Lowe Avenue.

Race Results & Awards

- Awards will be presented in the tent village near the basketball court.
- Final results will be posted on the front outside wall of Huntsville Junior High School shortly after each 100 runners finish the 5K race.
- The top finisher awards will be given at 10 a.m., or as soon as the results are ready. Age group winners will also be recognized.

Race Day Parking

All Huntsville Hospital parking garages will be open with free parking. The City of Huntsville also offers many public parking options. Visit huntsvilleal.gov/residents/streets/public-parking for more information and an interactive map.

USE #RIBBONRUN WHEN POSTING ALL OF YOUR RACE DAY PHOTOS & TAG HUNTSVILLE HOSPITAL FOUNDATION!

  @HuntsvilleHospitalFoundation

huntsvillehospitalfoundation.org

lizhurleyribbonrun.org



LIZ HURLEY
RIBBON RUN

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SPECIAL THANKS

Chicken Salad Chick
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i3 CARES Proudly Supports the Liz Hurley Ribbon Run



Join us to support courageous individuals and families affected by breast cancer. Together, we can make a difference.

RALLY BEHIND THE FIGHT AGAINST BREAST CANCER.

EARLY DETECTION IS A GAME-CHANGER.



**BREAST CANCER IS THE
SECOND MOST COMMON
CANCER IN WOMEN.**

One in eight women will be diagnosed with breast cancer in their lifetime. Early detection is key to understanding your risk factors and can help your physician tailor your healthcare to your needs.

CCI CLEARVIEW CANCER INSTITUTE™



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10/16 - 10/18



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20% PURCHASE

Expires 10/31/24

Fleet Feet Huntsville
2722 Carl T. Jones Drive



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