



One Mile – One Marker – One Hero

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FIFTH ANNUAL VIRGINIA “RUN FOR THE FALLEN” TO HONOR AND REMEMBER VIRGINIA MILITARY SERVICE MEMBERS WHO DIED AS A RESULT OF SERVING DURING THE WAR ON TERROR.

Relay Team to Cover One Mile for Each Fallen Service Member in Tribute Run from Fort Story, Virginia Beach to Arlington National Cemetery.

Chesapeake, VA – Beginning in 2013 Honor and Remember Inc. established the Virginia Run for the Fallen to call attention to and honor the men and women who have recently died in military service to America. A team of more than 30 active duty military members from bases throughout Virginia and other locations across the U.S. will embark on a 250 plus-mile journey to honor every Virginia service member who died as a result of serving during the War on Terror and in support of Operation Iraqi Freedom, Enduring Freedom and New Dawn.

Each mile of the route will be dedicated to an individual Virginia hero and his or her family. The run team will stop at each “Hero Marker” HM (each mile marker) to give individual tribute to waiting Gold Star family members, friends and comrades. The goal of the event is to create a 250 mile memorial trail through Virginia. Each hero marker tribute will include a biographical description of the hero along with American and Honor and Remember Flags.

Virginia “Run for the Fallen” will kick off on Thursday morning, May 4, 2017, at 6:30 a.m. at Fort Story, Virginia, with a “start” ceremony for the four-day, 250 plus mile run through Virginia Beach, Norfolk, Hampton, Newport News, Gloucester, Tappahannock, King George, Fredericksburg, Stafford, Quantico, Dumfries, Prince William County, Manassas, Fairfax County and Arlington to finish at Arlington National Cemetery in Arlington, Virginia, at 1pm Sunday May 7th. More details and route maps will be available here... www.varunforthefallen.org

On Sunday afternoon, as the run enters Arlington there will again be opportunities for the public to show their support and walk alongside our team for the last mile from Fort Myer's Old Post Chapel at Joint Base Myer-Henderson Hall to Cemetery Section 60, where many Virginia heroes have been laid to rest.

For more information and to find out how to participate by joining the run or to donate or volunteer please visit the VA Run for the Fallen website at www.varunforthefallen.org or www.HonorandRemember.org

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Run for the Fallen – Jon Bellona, inspired after the death of his college roommate and friend 1LT Michael Cleary in Iraq, created a national run of remembrance. Beginning Flag Day, June 14, 2008, a dedicated team of runners ran across America from Fort Irwin, CA to Arlington National Cemetery, one mile for every member of the United States Army, Navy, Air Force, Coast Guard and Marines killed in Operation Iraqi Freedom. Each year since the run across America, runners from around the world have joined Run for the Fallen in remembering our fallen heroes. Over 180,000 miles have been collectively run in remembrance of those fallen in those recent operations. www.runforthefallen.org

Honor and Remember, Inc. - After the death of his eldest son, Tony, in Iraq, Gold Star father George Lutz recognized the need to educate the nation on the precious cost of freedom. His mission became raising awareness about the sacrifice made by military men and women who died for their country through the creation and establishment of a distinct and tangible symbol. The Honor and Remember Flag was unveiled nationally on Memorial Day 2008 to perpetually recognize the sacrifice of our fallen military heroes and their families. The flag is now being endorsed by veteran and service organizations and adopted by cities and states as an official symbol. And it is being flown by patriotic Americans across our nation, well on its way to becoming a nationally accepted symbol of remembrance. You can learn more and sign the petition to support this campaign by visiting www.honorandremember.org

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