



One Mission – One Team – One Tribute

VIRGINIA “RUN FOR THE FALLEN” TO HONOR AND REMEMBER VIRGINIA MILITARY SERVICE MEMBERS WHO DIED AS A RESULT

Dear Sponsor,

Honor and Remember, Inc. for the seventh year has organized the Virginia Run for the Fallen, a special event to call attention to and honor the men and women who have recently died in military service to America. A team of more than 25 active duty members of the military 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 Operation Enduring Freedom and Operation 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. A Gold Star Family is a one who has lost an “immediate” member in support of our nations’ freedoms.

Virginia “Run for the Fallen” will kick off on Thursday morning, May 2, 2019, at 6:30 a.m. at Fort Story, Virginia, with a “start” ceremony for the four-day, 250 mile run through Virginia Beach, Norfolk, Hampton, Gloucester, Caroline, Middlesex, Essex, Tappahannock, King George, Fredericksburg, Stafford, Prince William County, Manassas, Fairfax County and Arlington to finish at Arlington National Cemetery in Arlington, Virginia, at 1:30 pm Sunday May 5th.

We are seeking sponsors/donations to help offset the cost of event expenses and to assist in providing support, hope and healing to those who grieve the death of a loved one regardless of relationship or circumstance. Donations may be made online at www.varunforthefallen.org or by check made payable to Honor and Remember, Inc., PO Box 16834, Chesapeake, VA 23328

All sponsors/donations will be recognized on our website – www.varunforthefallen.org.

Please consider supporting us and assisting with this year’s run, and if you are near DC during the first Sunday in May, please consider joining us on the final day in Arlington cemetery as the runners arrive at section 60 for our concluding ceremony at 1pm. Thank you for your support.

Virginia Run for the Fallen
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