

Travis Manion Foundation 2018 9/11 Heroes Run in Richmond, VA - benefitting the Travis Manion Foundation and local Richmond community benefactor, the Mid-Atlantic Paralyzed Veterans of America. The race is on Sunday September 9th at 1000 Semmes Avenue, Richmond, VA 23224. Ceremonies start at 1:30 pm, the Fun Run starts at 2:00, and the 5K starts at 2:15. Online registration is available through September 5th at 91heroesrun.org/richmond.

The Travis Manion Foundation 9/11 Heroes Run unites communities in remembrance of all those we lost on September 11th and in the resulting conflicts since that day. The run is largely supported by active duty military, veterans, fire fighters, police officers, EMTs and the people who support them. It is often called America's Race. There will be 40+ races run throughout the country and world! The Travis Manion Foundation empowers Veterans, Gold Star Families and at-risk youth through acts of service.

The 9/11 Heroes Run benefits the Travis Manion Foundation and this year's community benefactor, receiving 50% of the net proceeds from the race, is the Mid-Atlantic Chapter of The Paralyzed Veterans of America. Those funds will go toward programs for our local veterans with spinal cord injuries and diseases.

The 5K route takes us through beautiful Richmond view - running over the Lee Bridge, past the Virginia War Memorial, over Brown's Island, and across the Tyler Pokerfield foot bridge, and back to the start.

We're partnered with the Memorial Stair Climb again this year! If you complete both events, you receive a commemorative patch.

There is an after-party at Legend Brewing Company. Also, Legend will donate \$1 from EVERY beer sold that day to the event.

A piece of the WTC steel will be there, provided by the Freedom Flag Foundation.

The VAU Fallen Heroes Memorial will be on display, provided by Veterans and Athletes United.

Speakers include 2 family friends of the Manion Family and a retired FDNY Lieutenant.

Our TITLE sponsor is Suntrust.

NEW for 2018: Greg McQuade with Channel 6 will be our official emcee!

NEW for 2018: The Travis Manion Foundation has partnered with GORUCK, a veteran owned company that manufactures backpacks here in the United States, and holds over 1,000 team building endurance events every year which are led by combat decorated special forces cadre. Over 150,000 customers have participated in at least one (or possibly 30) of their events. All participants in the GORUCK Division will receive a custom morale patch.

We had a little over 200 runners in 2016. In 2017, we more than DOUBLED our participation at 410...what will 2018 hold for us? I hope 700 and beyond!