



One Mile - One Flag - One Hero

September 28th, 29th, 30th, 2012

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NJ “RUN FOR THE FALLEN” TO HONOR AND REMEMBER NEW JERSEY SOLDIERS, SAILORS, AIRMEN AND MARINES KILLED IN IRAQ AND AFGHANISTAN.

Relay Team to Cover One Mile for Each Fallen Service Member in Run from Cape May Lighthouse to NJ Vietnam Veterans’ Memorial in Holmdel NJ.

Holmdel, NJ - In an apolitical reflection of remembrance a team of 54+ active duty members of the military from Joint Base McGuire-Dix-Lakehurst and other locations across the US will embark on a 168+ mile journey to honor every New Jersey service member killed in support of Operation Iraqi Freedom, Enduring Freedom and Operation New Dawn.

Each mile is dedicated to an individual NJ Hero and their family, and the run team will stop at each Hero Marker (each mile) to present a flag and personalized biographical card to waiting family members, friends and comrades with the goal of creating a 168+ mile memorial trail through New Jersey.

“NJ Run for the Fallen” will kick off on Friday September 28th at 8:00am at Cape May Lighthouse with a “start” ceremony for the three day, 168+ mile run through Wildwood, Stone Harbor/Avalon, Ocean City, Somers Point, Egg Harbor, Galloway, Tuckerton, Ocean Twp., Toms River, Brick, Mantoloking, Point Pleasant, Sea Girt, Belmar, Bradley Beach, Asbury Park, Long Branch, Oceanport, Shrewsbury and Lincroft to finish at the NJ Vietnam Veterans’ Memorial in Holmdel on National Gold Star Family Day, Sunday September 30, 2012. Route maps are available here... <http://www.njrunforthefallen.org/2012-run.html> .

This year our Run Team will be joined in Ocean City on Friday, September 28, by members of The Achilles Freedom Team of Wounded Vets. The Freedom Team are wounded service members in hand-crank wheelchairs as an integral part of our Run Team. Unlike pushrim wheelchairs, which require users to lean forward, this adaptive device is excellent for people with injuries that have resulted in amputation or paralysis. It was through the efforts of Achilles that these devices are now permitted in many marathons, including the ING New York City Marathon. More details are available at <http://www.achillesinternational.org/programs/freedom-team/overview> and at <http://www.louieslife.org/events.html>

On Sunday afternoon as the Run enters Holmdel there will again be opportunities for the public to show their support and run alongside our team for either the last 5 miles or a 2K run/walk into the PNC Arts Center to finish at the NJ Vietnam Veterans’ Memorial. <http://www.njrunforthefallen.org/sunday-2k-runwalk--last-5-run.html>

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