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**TENTH 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 the first weekend in May, 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 16 civilian and 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, New Dawn and Inherent Resolve.

Each marker 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 (approx. one mile) 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 short ceremony for the hero along with planting American and Honor and Remember Flags.

Virginia “Run for the Fallen” will kick off on Thursday morning, April 28, 2022, 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 1st. More details and route maps will be available here... [Virginia.RunfortheFallen.org](http://Virginia.RunfortheFallen.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 [Virginia.RunfortheFallen.org](http://Virginia.RunfortheFallen.org) or [www.RunfortheFallen.org](http://www.RunfortheFallen.org)

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**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](http://www.honorandremember.org)

**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, June 14, 2008. Since that initial event, tribute runs have been organized yearly in states across the country. Honor and Remember took the reins in 2012, and through its expanded Run for the Fallen initiative, is dedicated to calling out yearly the name of every fallen service member in all 50 states. To date multiple states participate with the goal of adding at least two additional state annual events per year. Reprised in 2018 with America’s Run for the Fallen, runners from around the world have joined Honor and Remember in bringing this tribute through their state. Over 200,000 miles have been collectively run in remembrance of those fallen in War on Terror operations. [www.runforthefallen.org](http://www.runforthefallen.org)

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