



TRAVIS MANION  
FOUNDATION

## 9/11 Heroes Run – Shadow Run/Ruck Option

The 9/11 Heroes Run unites communities internationally with the goal to never forget the sacrifices of the heroes of September 11th and the wars since: veteran, first responder, civilian and military.

Join us to raise awareness and honor the fallen.

Each year on or near September 11, local volunteers who have asked themselves “If Not Me, Then Who...” organize 9/11 Heroes Runs on behalf of TMF in more than 50 cities around the world.

Runners, ruckers and walkers of all levels and all ages come together to support TMF and honor fallen heroes.

**If there is not a 9/11 Heroes Run 5K near you, consider hosting a shadow run/ruck!**

### Shadow Run/Ruck Steps:

- Contact Jessica Gardner at [jessica.gardner@travismanion.org](mailto:jessica.gardner@travismanion.org) and let her know you plan to host a shadow run & we will send you a discount code for VR registration!
- Gather 5 or more friends, family, colleagues
- Pick a location (local park, campus, fun run route) for your group to run, walk, or ruck a 5K
- Pick a time and date
- Have your group register at with the private link that Jessica will send to you via email.
- You will need to promote your event. It is not a public event on our race landing page. It is your responsibility to share the date/time/location with your participants. It is not included in the registration process.
- As participants register, they will receive their race swag in the mail, directly to them. You will not need to host a pick up for race swag.
- Take pictures of your Runners, Walkers, and Ruckers and send them our way, or post online with the #911heroesrun hashtag
- HAVE FUN!!!!

**“If Not Me, Then Who...”**

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Travis Manion Foundation is a 501(c)(3) Nonprofit Organization  
Combined Federal Campaign #15968 • Employer Identification #41-2237951