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9/11 Heroes Run National Series to Host Paralympic Wounded Warrior on Running Challenge

Doylestown, PA — [Travis Manion Foundation](#) will host the 11th Annual 9/11 Heroes Run 5K Race Series throughout the month of September, in more than 50 locations across the country and around the world. The race series will unite the community to remember the nearly 3,000 lives lost on 9/11, as well as to honor our veterans, military, and first responders who serve our country and our communities.

This year's race series will see a special guest at select locations, where United States Marine veteran and Paralympic athlete [Rob Jones](#) will be running the 5K as part of a challenge that will see him compete in nine 9/11 Heroes Runs across the country. The locations Rob will participate at include Tempe, AZ on 9/1; Charleston, SC on 9/8; Pennsauken, NJ on 9/9; West Chester, PA on 9/9; a Virtual Run/Ruck on 9/11; Lithia, FL on 9/15; Atlanta, GA on 9/16; Doylestown, PA on 9/23, and New York City on 10/7. The Rob Jones 9/11 Heroes Run Challenge is proud to have support from Comcast/NBC Universal, who is dedicated to providing veterans with opportunities to thrive in their post-military lives through focusing on their strengths and passions, career advancement, and service to the community.

After being injured during his second tour of active duty in Iraq in 2008, Rob undertook a journey not only to rehabilitate, but to excel as an athlete with the goal of bringing awareness to the matters of all veterans and raising money in support of various veterans' organizations. In 2012, Rob won a bronze medal with Oksana Masters in rowing in the 2012 Summer Paralympics and subsequently came in 4th place in the 2013 World Rowing Championships. In the fall of 2017, Rob undertook a challenge that would garner international attention - he completed 31 marathons in 31 days in 31 different cities across the globe in support of his mission to raise awareness for veteran organizations in the U.S., England, and Canada. Rob's continued passion for supporting veterans and giving back to his community led him to Travis Manion Foundation, where he volunteers as a Character Does Matter Mentor to the next generation of leaders.

The 9/11 Heroes Run 5K series was inspired by Marine 1st Lt. Travis Manion, who was killed by a sniper in Iraq in April 2007 as he selflessly protected his battalion. Before his final deployment, Travis visited Rescue One in NYC—famous for losing almost all of their men on 9/11—and returned home with deeper passion about why he was fighting in Iraq. At its heart, the 9/11 Heroes Run is a tribute to a personal commitment to never forget the heroes of that day. Now in its 11th year, the 9/11 Heroes Run national race series will be held in more than 50 locations across the country and around the world, and is expected to draw over 60,000 participants.

For the 2018 race series, Travis Manion Foundation has partnered with [GORUCK](#) to launch a new division where participants can ruck the 9/11 Heroes Run. Rucking is simply moving with weight on your back and is the foundation of Special Forces training. It combines strength and

“If Not Me, Then Who...”

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cardio, is adaptable to anyone's goals based on the amount of weight carried, and is a popular, empowering activity for those who hate to run or find it boring. As part of the marketing campaign for 9/11 Heroes Run series, TMF has released a video to inspire runners and walkers of all ages to participate, which can be seen [here](#).

"During this divisive time in our country, I'm in awe at how so many communities across the country and around the world will put differences aside and coming together to honor all those touched by the events of September 11th, 2001." said [Ryan Manion](#), President of Travis Manion Foundation. "I'm equally moved by the amazing challenge that Rob Jones has taken on to represent what it means to live by 'If Not Me, Then Who...' and to be an inspiration for everyone. We challenge all Americans to join us this September, to ensure our future generations never forget the sacrifices of our veterans, active duty military, first responders, and civilians who were affected by the attacks on 9/11 and in the wars since."

Travis Manion Foundation's 9/11 Heroes Run is proud to have Comcast NBCUniversal as a national sponsor, and for more information about the race series or to register, visit www.911heroesrun.org

About Travis Manion Foundation:

Travis Manion Foundation (TMF) unites communities to strengthen America's national character by empowering veterans and families of fallen heroes to develop and lead future generations. In 2007, 1st Lt. Travis Manion (USMC) was killed in Iraq while saving his wounded teammates. Today, Travis' legacy lives on in the words he spoke before leaving for his final deployment, "If Not Me, Then Who..." Guided by this mantra, veterans continue their service, develop strong relationships with their communities, and thrive in their post-military lives by serving as character role models to youth. As a result, communities prosper and the character of our nation's heroes lives on in the next generation.

The story of 1st Lt. Travis Manion and his Naval Academy brother Lt. (SEAL) Brendan Looney have been publicized in the book [Brothers Forever](#), and additional information about the Foundation can be found at www.travismanion.org.

For interview opportunities or additional information, please contact:
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