



2020 ANNAPOLIS 9/11 HEROES RUN - VIRTUAL

For the safety and well-being of all our participants, the 2020 Annapolis 9/11 Heroes Run will now be held virtually. While we might not be able to stand side-by-side at Navy Marine-Corps Memorial Stadium this year, we still have the opportunity to honor our fallen heroes, like Brendan Looney, and to show gratitude to our many local heroes who have been tirelessly helping our community on the frontlines in the battle against COVID-19. In fact, it is more important than ever to come together, albeit in a different way this year, to honor and appreciate.

What Does It Mean to Take Part in the Annapolis 9/11 Heroes Run Virtually?

1. Register at: <https://911heroesrun.org/Annapolis>

Registration includes: entry in your desired event (choose from 5K Run or Ruck – you may still walk however there is no longer a 1 Mile option – just sign up for the 5K Run) and special race swag that includes a Travis Manion Foundation 9/11 Heroes Run t-shirt, bib and neck/face gaiter. In addition, you can still create your own team or join one.



2. This year's Run will commemorate Naval Academy graduate LT (SEAL) Brendan Looney on the 10th Anniversary of his KIA date, and pays tribute to all front line workers who have been protecting our communities from the spread of COVID-19.
3. Run, walk, or ruck on your own preferably during the dates of 19-21 September; choose your course location and time, go at any pace you like, be outside or inside on a treadmill. If those dates do not work, you have until 1 November to complete your course.

4. Join us virtually via social media starting at 1:40pm EST on Sunday, 20 September to do your Run/Ruck/Walk. This was our original Run date and as of now, we are planning a combination pre-recorded and short, live opening ceremony to launch Annapolis 9/11 Heroes Run Nation all together wherever you may be. More details to follow!
5. You decide whether to participate alone or, better yet, have your family and friends sign up too and do this together – no matter how close or far you live from each other (and please do so in a safe manner)!
6. To ensure the safety of all involved, we are working to create a drive-thru packet pickup process that is convenient and safe. You can also choose to have your packet mailed to you during the Registration process. Stay tuned!
7. Tag us with your photos and send us video snippets of you on course! As you run, walk or ruck make sure that you tag us with your photos/videos to share on our social media pages. More details to come!
8. Already registered? We have you covered. Your registration is automatically converted to a virtual entry. No need to do anything! If you already registered for the 1 Mile option, we have you covered there too, and you are all set!
9. You can still get a medal! Annapolis has, for the past four years, been in the top three of races across the country in peer-to-peer fundraising. We want to see that streak go to year five so the top three individuals and the top three teams who raise the most money this year will get medals and TMF Challenge Coins (for the top three teams, the top three individuals on each team will receive the medal/coin)!
10. Follow us on social media to receive all updates and information in this community effort:
 - Facebook: Annapolis 9/11 Heroes Run
 - Instagram: anp911heroesrun
 - Twitter: @ANP911HeroesRun

On behalf of the Annapolis 9/11 Heroes Run committee, we thank you for your continued support and for your understanding that the safety of all involved is of utmost importance. We look forward to seeing you on course, wherever and whenever!