



NEWS RELEASE

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The May Memorial Marathon

A month-long 24/7 tribute to our nation's fallen heroes ...

Chesapeake, VA. – Several years ago, Honor and Remember designated the month of May as Honor and Remember Memorial Month. The name was established to encourage everyone, during this fifth month of the year, to focus on hometown military fallen heroes for all thirty-one days. By embracing remembrance and recognizing our heroes each day, we will honor a significant number of heroes and, by the end of the month, accentuate the reason Memorial Day exists.

Although our mission encompasses 365 days of public recognition of sacrifice, Memorial Day does give us an opportunity to speak more directly to the apathy toward fallen military service members that we know exists. Our means to emphasize this tradition of remembrance historically has begun with a series of [State Run for the Fallen](#) events across the country. These runs are all confined to specific locations and have not been structured for national participation. With many states not yet officially part of the Honor and Remember family of state runs we wanted to create a program and platform for everyone.

This is the second year! May Memorial Marathon will continue every year, we have initiated a new tradition: the 24/7 National Marathon. The aim of this tradition is to have at least one committed runner with sneakers on the ground every minute of every day.

“Through the creation of the May Memorial Marathon, we enable every citizen to participate in a proactive expression of appreciation for all our nation’s fallen and their families. Together we will communicate one clear and constant month-long message,” said Honor and Remember founder George Lutz.

Think of it as a virtual relay ... one-time slot participant handing off to the next in a unbroken tribute chain. The goal is to honor and remember each hero individually by name or collectively as a group. The plan is to fill every available time slot for the entire 31 days, 744 hours, 44,640 minutes, 2,678,400 seconds.

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Together our efforts in May 2020, made the First-ever 24/7 Nationwide Military Tribute, the May Memorial Marathon a Historic Remembrance!

- Over 1,200 Participants
- 5051 30-min Slots Taken
- Approx. 25K+ Miles Ran for Fallen Heroes

Here's how to get involved:

Sign up to walk/run/bike for 30 minutes on any particular day at any particular time. Your name will be posted on our calendar wall as a committed supporter for that time slot. Heroes can be selected from local or national areas and from any generation. Participants may post pictures of their accomplishment on a specially designated Facebook page. We are creating an unbroken relay chain of remembrance. Visit <https://www.runforthefallen.org/memorial-month-marathon> for more information and sign up.

-Honor and Remember-

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

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