



So – better weather arriving – the clocks go forward next weekend – and we are busy ramping up for this year’s Run!!

**Route** – is pretty much in its final “outline” form and now just waiting for final details such as runner’s names and times etc. It is available here ...[Click...](#) and/or here... <http://www.njrunforthefallen.org/the-route.html> . You can zoom in or out on the map itself, scroll down on the left side to find a Hero and then click on that name or simply click on one of the Stars on the map. If you find any errors please let us know!! We have also started updating each Bio page with a map and a link – completed A through K at this point – the goal is to update every Bio as soon as possible.

There have been some changes in the route especially around Toms River ( we no longer travel along Rt 37 and over the bridge to Seaside but instead take Hooper Ave/Mantoloking Rd over the Mantoloking Bridge), Point Pleasant – we stay off Rt 35 and go through Point Pleasant stopping at Point Pleasant VFW and we now take Ocean Avenue up through Sea Girt, Spring Lake, Belmar, Asbury Park , Deal and Long Branch and then take 7 Bridges Road across through Little Silver and then rejoin the old route in Shrewsbury making the route much more scenic and “beachey” along the northern part and improved HM locations. Probably around the beginning of May we will put out a listing that will give the exact location of each HM (Hero Marker), a suggested parking spot for each one, estimated runner arrival times etc.

**Question???? – have you purchased your Beef and Beer tickets yet – either contact us (details at the end) or purchase online at <http://www.njrunforthefallen.org/beefbeer-326.html> Saturday March 26<sup>th</sup>!!!!**

**Honor and Remember Flag** – this year our Run Team (don’t forget that Sgt Mike Minard has joined our Team this year <http://www.njrunforthefallen.org/wounded-warriors.html> as well as the Hope for the Warriors Team - <http://www.njrunforthefallen.org/team-hope.html> ) will be carrying a 3<sup>rd</sup> flag – we are adding a Honor and Remember flag <http://www.honorandremember.org/> which has already been to Afghanistan and was flown over a compound there on Pearl Harbor Day, 2010, and on 11th November 2010 aboard a An-32B on a combat mission in Afghanistan by Pilot – Lt Col Jon Fullerton, USAF and Pilot - Major Jeff Peterson, USAF of Combined Security Transition Command. The flag is now headed to Iraq to be flown there and will return to be carried through NJ. Also please note that the Friday 2 mile run from Cape May Lighthouse will have 2 HMs - **Hero Marker 1: Cpl George A. Lutz II** whose Father created the Honor and Remember Flag - <http://www.honorandremember.org/> and **Hero Marker 2: 1st Lt Michael Cleary** – whose close friend Jon Bellona went on to found the original Run for the Fallen in 2008 which was the inspiration for the 1<sup>st</sup> NJ Run in 2009 by Bubba Beason.

**Join the Run Team** – because of the route changes we will no longer be offering the 10 mile option in Holmdel on the Sunday –

Friday 9/23/2011 , 5pm – 2 mile, Cape May Lighthouse to Sunset Beach, walk/run.

Sunday 9/25/2011 , - 5 miles – run along with the Run Team for the last 5 miles to the Finish.

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Full details and registration/sponsor forms will be available on the website shortly.

**Can you help?** – The Blue Star Mothers of the Jersey Shore (<http://www.bsm-nj4.org/ABOUTUS.html> ) are looking for some assistance with shipping costs for supplies that are waiting to be sent to Afghanistan.

If you are able to help in any way please contact Donna Zabe at 732 513-2004

## Upcoming Events

Saturday March 26, 2011

7:30pm. Our Beef and Beer in Woodbury, NJ. Details and tickets available through our website... <http://www.njrunforthefallen.org/beefbeer-326.html>

Sunday May 15, 2011

The Inaugural Harmon Meadow Run For The Warriors® is part of a nationwide race series honoring combat wounded service members in the local community and families of the fallen. The race has been made possible in cooperation with the Town of Secaucus and by the generous support of



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Presenting Sponsor, Hartz Mountain Industries, Inc. All proceeds from the 5K will benefit Hope For The Warriors®, a national nonprofit organization that supports wounded U.S. service members, their families, and families of the fallen. <http://www.kintera.org/faf/home/default.asp?ievent=456720>

Saturday May 28, 2011

8:30am. WIA/KIA Memorial 5K Run and Family Walk, Medford, NJ.. All proceeds go to NJ Mission of Honor, NJ Run for the Fallen and South Jersey Wounded Veterans and Families. <http://www.wiakiawalkrun.com/>

**Beef and Beer** We are still looking for more Baskets and/or Gift Certificates for the Chinese Auction. If you are able to help please contact Rich Naticchione (better known as Tiny!!) at 856 889-6724 or via email at [Tiny@njrunforthefallen.org](mailto:Tiny@njrunforthefallen.org) .

**Team Hope for the Warriors** - great video here that explains more... <http://homefromtheroes.com/play/20405088/> . Don't forget they are planning to join us in Cape May on the Friday and Saturday along with Sgt Mike Minard, our Wounded Warrior who has set himself the goal of being our point man for all 152 miles. Mike tells us that he is able to do some serious training time now that the snow has melted!!

**Our New Flag** – is in production at this moment and we should be taking delivery very soon...



Breaking news – flags arrived a few minutes ago!!

**What is this????** To save inundating everyone with emails we will be sending out these digests instead and also making them available to read and download on our website. Please feel free to send these on to family/friends etc. and help us spread the word about the 2011 NJ Run for the Fallen.

**Sponsors** – do you know anyone who may be interested in becoming a sponsor or taking space in our upcoming Ad Book? Please go to <http://www.njrunforthefallen.org/sponsors.html> for more information.

**More Breaking News!!** Just received email from Genna Griffith, Director of the Achilles Freedom Team of Wounded Veterans...extract follows...

“On behalf of the Achilles Freedom Team of Wounded Veterans, I would like to thank you for endowing a handcycle wheelchair! This will help a wounded veteran continue to be active and set goals such a competing in a marathon and other mainstream athletic events post injury! We are honored to participate in your NJ Run for the Fallen Event. If this works for you, we would like to have one of our wounded veterans ride the handcycle that you are endowing on Sunday September 25th. As we get closer to the date, I can work on confirming additional Freedom Team members to participate.”

**Please feel free to contact myself or Tiny with any questions. Hope to see you all on Saturday March 26<sup>th</sup>!!**

Mike Simpson

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