

WOMEN IN MILITARY SERVICE FOR AMERICA MEMORIAL FOUNDATION, INC.

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Special Event Notice

October 9, 2014

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160-Mile *Valor Run* to end at Women's Memorial

The Women In Military Service For America Memorial will be the site for the completion of Navy Reserve Capt. Nancy Lacore's 160-mile run in honor of the 160 servicewomen who have lost their lives in Afghanistan and Iraq since the beginning of the Global War on Terror. Starting Oct. 12 in Chesapeake, Va., Capt. Lacore will run 25 miles a day for the following six days. She will run the final ten, ending at the Women's Memorial, Sat., Oct. 18 at 11:00 a.m., with a "final leg" ceremony on the Memorial Plaza.

Local runners/walkers are invited to join Capt. Lacore in the final 1/3rd mile of Valor Run, 160 of whom will have the privilege of wearing a Tribute Ribbon in honor of a fallen servicewomen. Those interested in being a Tribute Ribbon bearer should email valorrn@womensmemorial.org or call 703-533-1155. Participants are asked to assemble on the south side of the traffic circle, opposite the Virginia side of Memorial Bridge by 10:15 a.m., Oct. 18.

Commander of a Naval Reserve unit, Capt. Lacore is a Navy pilot and a 2011-12 veteran of the war in Afghanistan. She's also a Navy wife and mom of six. Humbled by the sacrifice of so many of the nation's service members and their families; and with the lifting of the ban on women in combat, reminded that valor knows no gender, she pledged to run a mile for each of the 160 military women who've fallen in Operations Enduring and Iraqi Freedom. Her pledge was the genesis of Valor Run--now 160 miles, in 160 hours, in honor of 160 servicewomen. The run is also a fundraiser to benefit the Women's Memorial and Wounded Wear, with the goal of raising \$35,000 for these charities.

Media interested in interviewing Capt. Lacore or covering the "final leg" and ceremony should contact Women's Memorial Public Relations, 703-533-1155 or pr@womensmemorial.org. More information about Valor Run is available at valorrn.org. Information about Wounded Wear, whose mission is to raise the national awareness of the sacrifices of wounded warriors, their families, and the families of fallen service members, can be found at woundedwear.org.

The Women In Military Service For America Memorial is the nation's only major memorial honoring all servicewomen, past and present. Featuring an exhibit gallery, theater and Register of women who have served, the Memorial is open to the public, 8 a.m. to 5 p.m., daily. For more information visit womensmemorial.org.

The Women's Memorial, located at the gateway to Arlington National Cemetery, is readily accessible by Metro (Blue Line) and paid parking is available.