

9/11 Heroes Run

By Seumas Rhea



**TRAVIS MANION FOUNDATION—9/11 HEROES RUN
COLORADO SPRINGS, CO
9/12/2015**

The Travis Manion Foundation hosts the 9/11 Heroes Run across the globe each year to unite communities with the goal to never forget the sacrifices of the heroes of September 11th and in the wars since. Be they Veterans, First Responders, Civilians, or Military, the event brings people together to raise awareness and honor the fallen.

About Travis

Who is the young man whose life has inspired others to serve?

Travis Joseph Lemma Manion was born Nov. 19, 1980 in Camp Lejeune, NC, to an active duty Marine family. After settling in Doylestown, PA, Travis went on to LaSalle College High School where his strong leadership qualities set him apart both athletically and academically. He was an all-league standout in wrestling, football and lacrosse, a member of five championship teams, and an All-American wrestler.



Travis was best known as a motivating and popular figure to his classmates. It was for these traits that Travis was awarded the Hal Selvey, Jr. Memorial Award for Unselfish Dedication

The 9/11 Heroes Run 5k + 1M Fun Run/Walk welcomes runners and walkers of all levels and ages. Events take place all over the world, on or near September 11th, and are organized by local volunteers who have asked themselves “If Not Me, Then Who...” and are serving in their communities.

The 9/11 Heroes Run is the perfect opportunity for any community to come together and thank their local veterans, first responders, and their families each year at a fun and family-friendly event!

SPECIAL POINTS OF INTEREST:

- ◆ This was the Second Annual 9/11 Heroes Run to be held in Colorado Springs.
- ◆ The number of participants in this year's event was double that of last year's inaugural event.



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and Leadership. This combination of leadership, athleticism, and academic achievement opened the door to his appointment to the United States Naval Academy.

In 2004, Travis graduated from the United States Naval Academy and decided to follow in his father's footsteps and become a Marine. He finished at the top of his class at The Basic School, and was awarded a commission into the Marine Corps.

About Travis (Continued from Page 1)



**TRAVIS & HIS PARENTS
UNITED STATES NAVAL
ACADEMY GRADUATION—2004**

He was then assigned to the 1st Reconnaissance Battalion, I Marine Expeditionary Force, Camp Pendleton, California.

It was September, 2006, when Travis was selected, as an experienced Iraq War Veteran from 1st Recon Battalion, to become a part of a military transition team (MITT) with 10 other Marines that would train and partner with an Iraqi Army Battalion in Fallujah, Iraq.



On December 26, 2006, Travis deployed on his second tour in support of Operation Iraqi Freedom, where he served as the company advisory for the 3rd Battalion, 2nd Brigade, 1st Iraqi Army Division Military Transition Team, Regimental Combat



“IF NOT ME,
THEN WHO...”

- *TRAVIS MANION*

April 29, 2007: 1st Lt. Travis Manion made the ultimate sacrifice in the Al Anbar province of Iraq. He, his fellow Marines, and Iraqi Army counterparts, were ambushed while searching a suspected insurgent house. 1st Lt. Manion led the counterattack against the enemy forces. He was fatally wounded by an enemy sniper while aiding and drawing fire away from his wounded comrades. **His selfless actions allowed every member of his patrol to survive.** For his actions, he was awarded the Silver Star and Bronze Star with Valor.



The Travis Manion Foundation

Shortly after the death of 1st Lt. Travis Manion in Iraq on April 29, 2007, the fallen Marine’s mother, the late Janet Manion, founded the Travis Manion Foundation to assist our nation’s veterans and families of the fallen. Headquartered in Doylestown with another office in San Diego, the Foundation is focused on assisting the nation’s veterans and families of the fallen.

The words Travis spoke before leaving for his second and final deployment to Iraq – “If Not Me, Then Who...” – have inspired a national movement that is growing rapidly. Veterans and families of the fallen are spearheading this movement to build a nation of heroes in which character, leadership and service are in action every day.



The Travis Manion Foundation (Continued from Page 2)

The Travis Manion Foundation engages with veterans and families of the fallen in all stages of their personal journeys and offers them unique opportunities to empower them to achieve their goals. The Travis Manion Foundation believes that the best way to honor the fallen is by challenging the living.

Through Mentorship and Advocacy, Expeditions, Character Does Matter, and the 9/11 Heroes Run, veterans and families of the fallen are leading in their communities. They are challenging themselves and others to continue the service to community and country exemplified by the nation’s fallen heroes and veterans.



AMTA CO CSMT Supports the 9/11 Heroes Run

Giving Back

A large portion of the funds raised through the 9/11 Heroes Run are invested back into the race communities to support local veterans, first responders, troops, and military families. The remaining proceeds support the Travis Manion Foundation’s community building projects,



programs that inspire future leaders, initiatives that foster camaraderie, and events that support our veterans, service members, and their families.

“A LARGE PORTION OF THE FUNDS RAISED THROUGH THE 9/11 HEROES RUN ARE INVESTED BACK INTO THE RACE COMMUNITIES.”

CSMT Community Outreach Team - Giving Back

This was the Second Annual 9/11 Heroes Run in Colorado Springs. The race brought out 153 participants and our CSMT Community Outreach Team provided 21 table and/or chair massages in just under 90 minutes! My sincere thanks to volunteers Shelly, Rachel, Val, and Deb for their support!

Pictured: Back Row (L-R): CSMT Volunteers Val Webb, Rachel Losey; Front Row (L-R): Angela Amaranov (Development Coordinator - Travis Manion Foundation), Seumas Rhea (CSMT Director), Deb Hatch (CO Chapter President), Shelly Cox (CO Chapter Education Director), Jessica Dudney (Colorado Springs 9/11 Heroes Run Organizer)



More Photos From the Colorado Springs 9/11 Heroes Run



Upcoming CSMT Community Outreach Events

We'd love to have you participate in our next event! The following CSMT Events have been scheduled and are in need of volunteers. Full details of all CSMT Events can be found on the Community Service Massage Team's page on our Chapter web site. (www.amtacolorado.org/community-service-massage-team).

- ◆ **9/26/2015:** SCAP's A Walk in the Garden AIDS Walk
Garden of the Gods
Colorado Springs, CO
08:00 - 12:00
- ◆ **10/4/2015:** Douglas County Search & Rescue
"Call Your Bluff Poker Run"
Bluffs Regional Park
Lone Tree, CO

CSMT Mission Statement

To respond to the needs of the communities within Colorado with the power of compassionate, professional touch in order to promote the health and welfare of humanity.