



NMCGRF

NAVY MARINE COAST GUARD RESIDENCE FOUNDATION

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(McLean, Virginia) September 12— It's that time of year again! The McLean 5K Run with the Warriors will be held on Saturday, October 4, beginning at 8:00 am. Benefitting Wounded Warrior Transitional Housing at Vinson Hall Retirement Community (VHRC), the Run with the Warriors 5K will take place in downtown McLean.

"We consider the McLean 5K Run with the Warriors a race that the entire community can participate in and enjoy, from babies in strollers to the serious runner," says Kathleen Martin, CEO of VHRC and executive director of Navy Marine Coast Guard Residence Foundation. "It is a great event with a small hometown feel that supports the men and women in uniform who have made huge sacrifices so that we can continue to live in freedom and enjoy a 5K run on a beautiful Saturday morning."

This year's 5K celebrates three years of partnership between Vinson Hall's NMCGRF and Century 21. Proceeds from this race provide support to the wounded warriors living at VHRC. Wounded Warrior Transitional Housing was established in 2011 to help some of the many thousands of young, wounded veterans who have returned home from the wars in Afghanistan and Iraq. Since 2011, three wounded warriors, referred by the Walter Reed Wounded Warrior Regiment East, have come to call VHRC home. Supported by the Wounded Warrior Transitional Housing at VHRC, one current wounded warrior resident lives at VHRC with his wife and daughter.

Home to nearly 300 military officers and government employees, VHRC, supported by NMCGRF, is able to support wounded warriors' physical, mental, and emotional healing during this challenging phase of their lives. Beginning 2011, the McLean 5K has raised over \$143,000 for Wounded Warrior Transitional Housing from registration and corporate sponsorships.

"I'm very excited to be speaking at this year's McLean 5K. This run is a great opportunity for the community to demonstrate support for service members who have given so much for our country," commented General Norton A. Schwartz, 19th chief of staff for the U.S. Air Force.

Last year's race drew in nearly 900 walkers and runners. Over 1,000 people from the Northern Virginia and surrounding Maryland area are expected to participate in this year's 5K. The 2014 McLean 5K looks to be a record-breaking year for Wounded Warrior Transitional Housing.

Registration on the day of the event begins at 6:45 am, but pre-registration is encouraged. Participants can register online at <http://www.McLean5K.com> and sign up for the adult walk or run. The pre-registration cost for adults is \$35 and \$40 on the day of the race. Active duty military receive \$10 off registration. Registrants can create a corporate team, friend team, or family team. Sponsorship opportunities are also available. Additional sponsors of the event include Bank of Georgetown, Citi

Bank, JBG, Navy Federal, and VetFran.

All ages and strollers are welcome to participate in the 5K, but no pets, skateboards, rollerblades, or bicycles are allowed on the course. All registered runners and walkers will receive a t-shirt and bag. To keep runners hydrated, the course will provide a water station. Award medals will be given to the top two over all male and female winners as well as the top two male and female runners in each age group.

Race-day registration begins at 6:45 am with the race starting at 8:00 am. Packet pick-up and on-site registration will be held from 9 am to 8 pm, Friday, October 3, at the Old Firehouse Teen Center: 1440 Chain Bridge Road, McLean, VA 22101. Local roads may be closed. For more information on Wounded Warrior Transitional Housing, please call NMCGRF's development team at 703-538-2970 or visit <http://www.nmcgrf.org>. All proceeds from the event are designated for Wounded Warrior Transitional Housing at VHRC.

Previously, General Schwartz served as the 19th chief of staff of the U.S. Air Force, retiring from military service in October 2012. As a member of the Joint Chiefs of Staff, the general and other service chiefs functioned as military advisers to the secretary of defense, National Security Council, and the president. General Schwartz has served as commander of the Special Operations Command-Pacific, as well as Alaskan Command, Alaskan North American Aerospace Defense Command Region, and the 11th Air Force.

Donations to the Navy Marine Coast Guard Residence Foundation, a 501(c)(3) organization that raises funds to support the mission and vision of Vinson Hall Retirement Community including Wounded Warrior Transitional Housing, can be made via our website at www.nmcgrf.org.

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