



Tuesday's Children Announces Rise Up and Remember: Memorial Day 5K During 20th Anniversary Year of 9/11

Supporting Families Impacted by Tuesday, September 11th, 2001, Terrorism, Military Conflict and Mass Violence, Tuesday's Children to Host Annual Virtual Event from May 28 to 31, 2021.

New York, NY – March 5, 2021 – [Tuesday's Children](#), a nonprofit organization serving families impacted by terrorism, military conflict and mass violence, announces the [Rise Up and Remember: Memorial Day 5K](#), taking place Friday, May 28 to Monday, May 31, 2021. Participants can run or walk the 5K (3.1 miles) anytime between Friday, May 28 to Monday, May 31 and can use Strava to track their progress.

“Our Rise Up and Remember 5K first launched in 2020 and was attended by hundreds of participants from over 25 states and cities across the country including Los Angeles, Fort Lauderdale, Honolulu, Dallas, New York and beyond, raising over \$40,000 to support families who have been forever changed by terrorism, military conflict or mass violence. We were thrilled to have the support of the military, 9/11 communities, and everyone who was able to participate,” **said Terry Sears, Executive Director of Tuesday's Children**. “As we continue to navigate and reach a one-year mark of living with this global pandemic, our mission continues to remain the same – to provide vital resilience-building programs and a lifetime of healing to the families we serve.”

In 2021, Tuesday's Children is marking its 20th year of dedicated service. Since its founding in the wake of Tuesday, September 11th, 2001, the organization has provided long-term healing and resilience-building support to over **42,000 individuals** impacted by terrorism, military conflict, and mass violence including supportive services to build resilience to **21,000+ spouses and children** grieving the death of family service members; **5,600+ youth** in their [Career Resource Center](#); and **850+ young adults from 32 countries** affected by terrorism or violent extremism to heal at [Project COMMON BOND](#). Tuesday's Children expanded its mission in recent years to provide the same platform of proven programs and services that it delivered to the 9/11 community to thousands of post-9/11 Military Families of the Fallen.

To register and to take advantage of the early bird discount available until April 10, 2021, visit <https://give.tuesdayschildren.org/MemorialDayVirtual5K>. Promo code for the Early Bird pricing is TC5K. Deadline to register is Monday, May 10, 2021 to receive race materials in time, but registration will remain open until the day of the event.

Registrants can participate in the race on any date between May 28 to 31, 2021. The official event hashtag is **#MemorialDay5KTC**.

In September 2021, Tuesday's Children will host their annual gala, this year entitled "Celebrating 20 Years of Service" to commemorate the nonprofit's two decades of work. More details will be announced in the coming weeks.

For more information on Tuesday's Children, visit www.tuesdayschildren.org. Also visit Tuesday's Children on [Facebook](#), [Twitter](#), [Instagram](#) and [LinkedIn](#).

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ABOUT TUESDAY'S CHILDREN

Tuesday's Children provides a lifetime of healing for families who have been forever changed by terrorism, military conflict, or mass violence. Through a time-tested, long-term approach, Tuesday's Children programming serves and supports our nation's Military Families of the Fallen; builds resilience and common bonds in communities worldwide recovering from tragedies; and keeps the promise to support all those impacted by Tuesday, September 11th. For more information, please visit www.tuesdayschildren.org.

MEDIA CONTACTS:

Shin-Jung Hong, ShinJung@nicholaslence.com, (617) 413-7880

Josh Knoller, Josh@nicholaslence.com, (201) 294-9586