

## **9/11 MEMORIAL STAIR CLIMBS COMPLETE HEROIC FIREFIGHTER JOURNEYS**

Public invited to climb and reflect with the National Fallen Firefighters Foundation

EMMITSBURG, MD -- It's 110 flights of stairs--or 2,220 steps. And it symbolizes the route taken by 343 members of the FDNY killed at the World Trade Center on September 11, 2001. The National Fallen Firefighters Foundation Annual 9/11 Memorial Stair Climb honors those who selflessly gave their lives that day so others might live.

Each NFFF 9/11 Memorial Stair Climb completes the fallen firefighters' journey. These events help sustain NFFF counseling and support programs for all families of firefighters who succumb to line-of-duty deaths.

The 2022 National Capital Region 9/11 Memorial Stair Climb & 5K Walk will be held on SUNDAY, SEPTEMBER 11. The public is invited to attend.

DATE: Sunday, September 11, 2022

SCHEDULE:

- Onsite Registration 6:00 AM
- Opening Ceremony 7:30 AM
- Climb Start 8:00 AM

LOCATION: Gaylord National Resort and Convention, 201 Water Street, Oxon Hill, MD

STAIR CLIMB ORGANIZERS: Bill Hinton E: bhinton@firehero.org

Assistant Chief Michael White, Sr. E: mjwhite@co.pg.md.us

Suggested topics include:

Why NFFF programs are important to families of firefighters who die in line-of-duty deaths  
How Stair Climbs supports programs for families of firefighters who die in line-of-duty deaths  
Health effects still impacting 9/11 responders more than 20 years later

Media Kit with videos and photos available at the Dropbox link [HERE](#), or contact Sheila Jaskot sheila@lauraevansmedia.com.

ADDITIONAL INFORMATION:

9/11 Memorial Stair Climbs are held throughout September, with the majority taking place on September 10 or September 11. Members of the public join community first responders at stadiums, speedways, high schools, tall office buildings--even the Red Rocks amphitheater in Colorado and Lambeau Field in Wisconsin. Each carries a photograph of a firefighter who died on 9/11.

Participants can also register as virtual climbers by climbing, walking, running, or biking indoors or outdoors between September 11 and October 31. Virtual participants will receive a toolkit with badges for the heroes who died and access to a digital bell to ring when they complete the event.

It is important to remember that responders and survivors still feel the health effects more than 20 years later. Researchers have identified more than 60 types of cancer and other conditions linked to toxic air and materials. An additional 5,380 responders and survivors have since died due to the exposure.

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About the National Fallen Firefighters Foundation

Congress created the National Fallen Firefighters Foundation to lead a nationwide effort to honor America's fallen firefighters. Since 1992, the non-profit Foundation has developed and expanded programs that fulfill that mandate. The mission is to honor and remember America's fallen fire heroes, provide resources to assist their families in rebuilding their lives and work within the fire service community to reduce firefighter deaths and injuries.

<https://www.firehero.org>.