

To help mark the 20th anniversary of the 9/11 attacks, we've set a goal of collectively running or walking 20,000 miles on April 25.

Follow these three easy steps to successfully train individually or with your teammates and join us from wherever you are on April 25.

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1. Connect with the 9/11 Memorial & Museum Nationwide Run/Walk Community on Strava.
2. Follow our training tips and suggested run/walk routes so you're ready to run or walk your targeted mileage on April 25.
3. Run or walk from wherever you are across the country to help us reach our collective goal of running 20,000 miles on April 25, 2021.



# Connect with the 9/11 Memorial & Museum Nationwide Community on Strava

**Follow these simple steps to connect with our community on Strava and seamlessly track your miles on your fundraising page.**

**Step 1 - Connect your fundraising page to Strava.** On your fundraising page, click the “9/11 Memorial & Museum Nationwide Run/Walk Training” tab. Scroll down past the mileage tracker and click on the orange “Connect to Strava” button. From there, log in using your Strava credentials or create a new Strava account.

Need more help? Click this link to watch a video on how to connect:

<https://www.loom.com/share/82536ff674d54962924f82743162171b>

**Step 2 - Join our Strava club** by searching for “9/11 Memorial & Museum Nationwide Run/Walk” or by visiting this link:  
<https://www.strava.com/clubs/911Memorial-Museum-Nationwide-Run-Walk>

**Step 3 - Sync your GPS-enabled device** (FitBit, Apple Watch, Garmin) to Strava on your smartphone. If you do not have access to a GPS-enabled device, you can still use the GPS tracker within the Strava app to track your mileage. Simply hit the record button at the bottom of the Strava app screen before beginning your workout.

**Step 4 - Start training for April 25!** Log miles in Strava as event day gets closer. All of your miles will also be tracked on your fundraising page. Set a team mileage goal or have a friendly competition between friends or colleagues. See how many miles you can log before Run/Walk Day.

**Step 5 - Join the nationwide challenge** of running or walking 20,000 miles on April 25. On event day, log your miles on Strava and help us reach our collective goal. As you run or walk, you'll be helping the 9/11 Memorial & Museum fulfill our collective promise never to forget.






# Follow these training tips to be ready to run or walk on April 25!

We know not everybody is a seasoned walker or runner, and that's okay! We have some great training tips that will help you join in with thousands of others and be a part of our community.




## **Walker Training Tips**

Walking is a great way to stay active and fit. The following tips will help you understand how you can go from little to no daily movement to walking at least a 5K on April 25.

-  Start slow! If you are not already active, jumping straight into walking a 5K may be challenging. We suggest starting with 15-minute walks at an easy pace four to five times a week. If you'll be outside or around others, please wear a mask and practice social distancing.
-  Gradually increase the amount of time you walk each week by five minutes per workout. For example, in week two of your training try for 20-minute walks four to five times a week. Continue to increase the length of your workouts each week until you reach 30-minute walks.
-  Always remember to stretch after each workout. The body needs to recover and stretching ensures your muscles will have a quicker and more complete recovery.

## **Runner Training Tips**

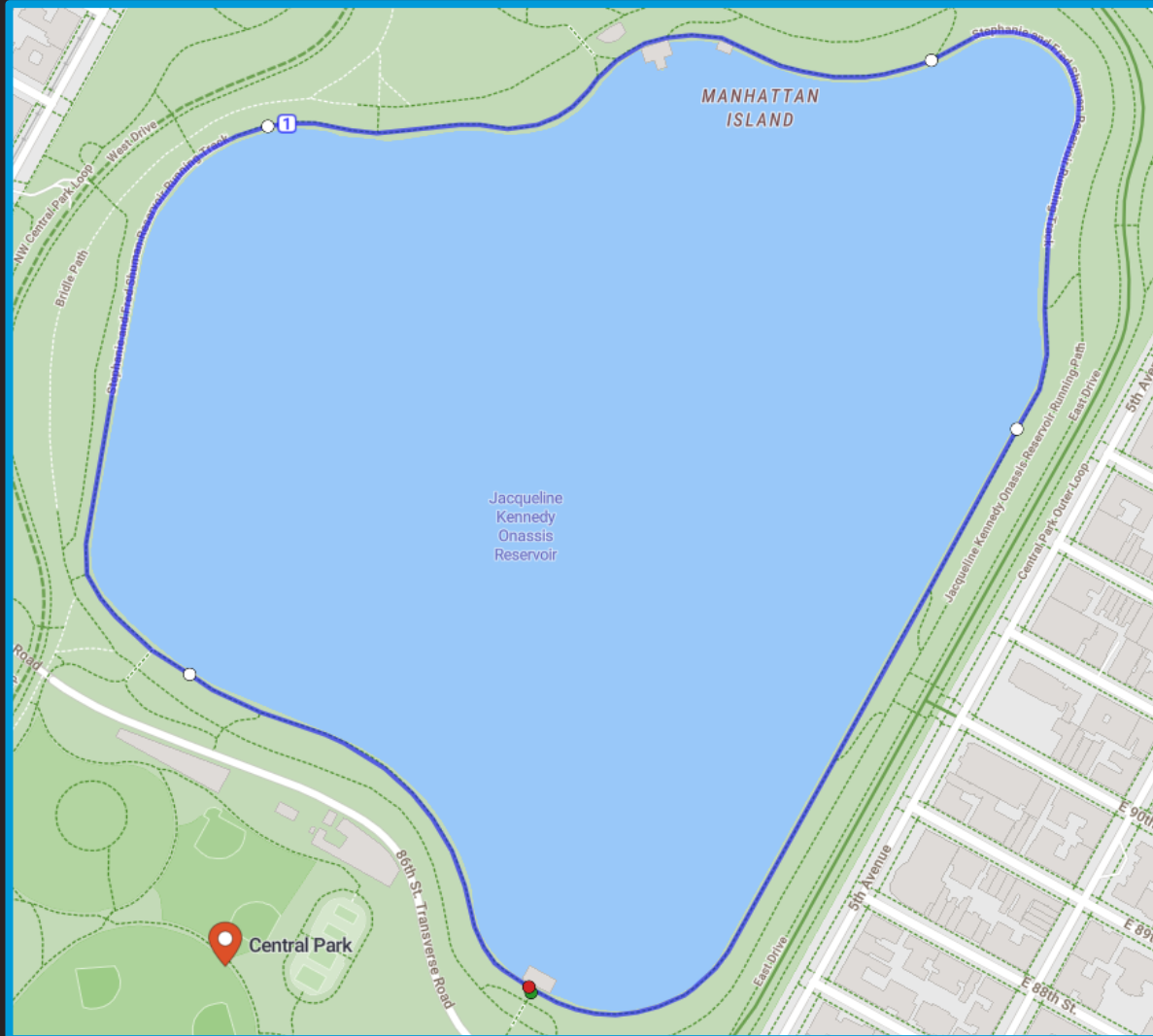
Use the tips below to help you with your running training so that you're ready to run a 5K or more on April 25.

-  Don't jump right into running a 5K on the first day. Gradually work your way up to it.
-  Warmups and cool downs will prevent possible injuries, so be sure to start with some low-intensity movement to get your blood pumping before you begin and make sure you take time to stretch when you're finished.
-  Use the 4-week training program below to ensure a successful run on event day.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>	Run 10 minutes, walk 1 minute. Repeat.	Rest	Run 12 minutes, walk 1 minute. Repeat.	Rest	Run 13 minutes, walk 1 minute. Repeat.	Rest	Rest
<b>Week 2</b>	Run 15 minutes, walk 1 minute. Repeat.	Rest	Run 17 minutes, walk 1 minute, run 7 min.	Rest	Run 19 minutes, walk 1 minute, run 7 min.	Rest	Rest
<b>Week 3</b>	Run 20 minutes, walk 1 minute, run 6 minutes.	Rest	Run 24 minutes.	Rest	Run 26 minutes.	Rest	Rest
<b>Week 4</b>	Run 28 minutes.	Rest	Run 30 minutes.	Rest	Run 20 minutes.	Rest	5K Day! Run 3.1 miles.



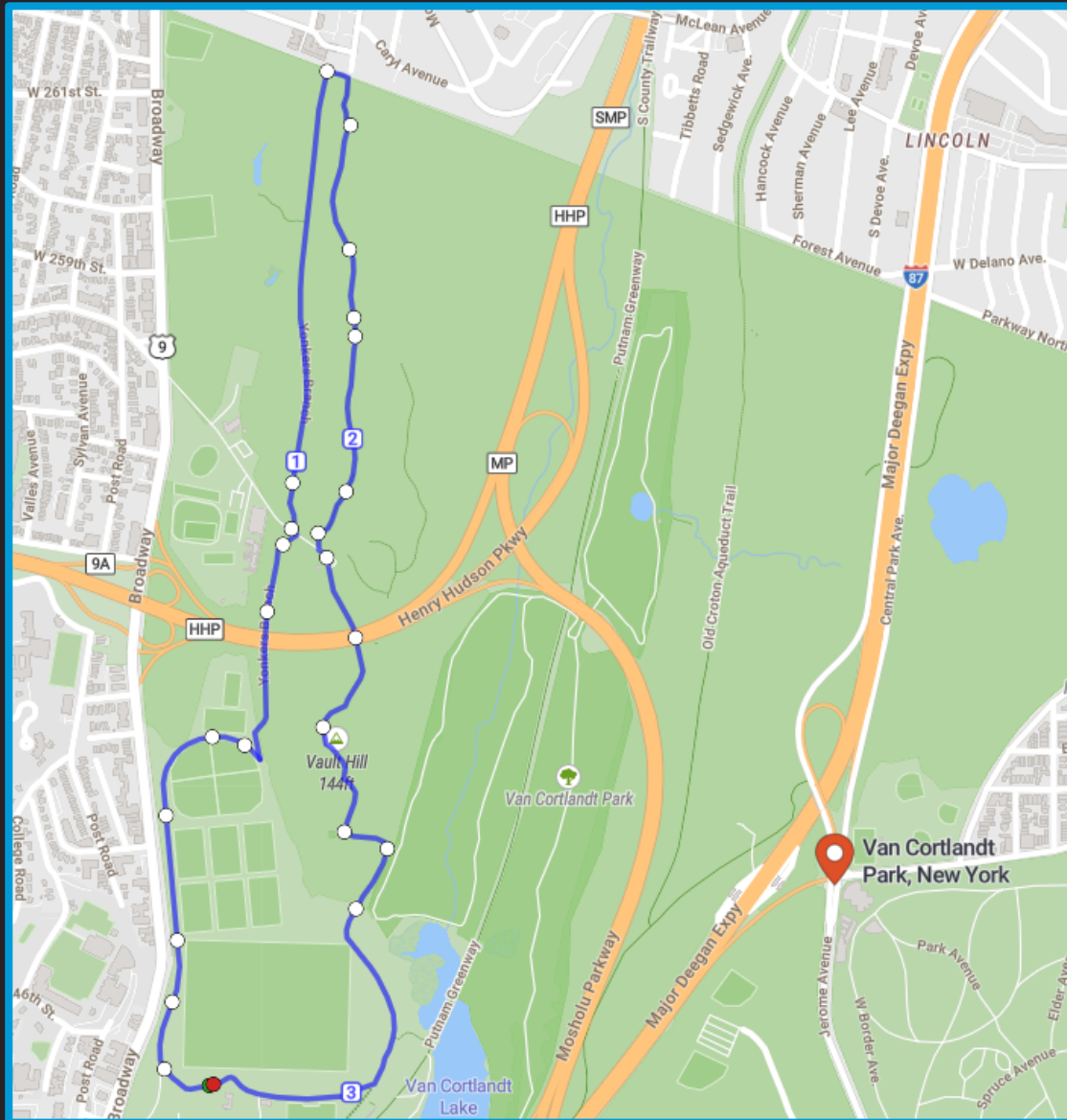
Get out and move with our suggested walking/running routes in each of New York City's five boroughs! If you'll be outside or around others, please wear a mask and practice social distancing.



This loop offers a cushioned surface and wonderful views of the midtown Manhattan skyline. Walking or running two laps brings you to 3.16 miles. This is a favorite for bright sunny days in the world's most famous park!

# Manhattan

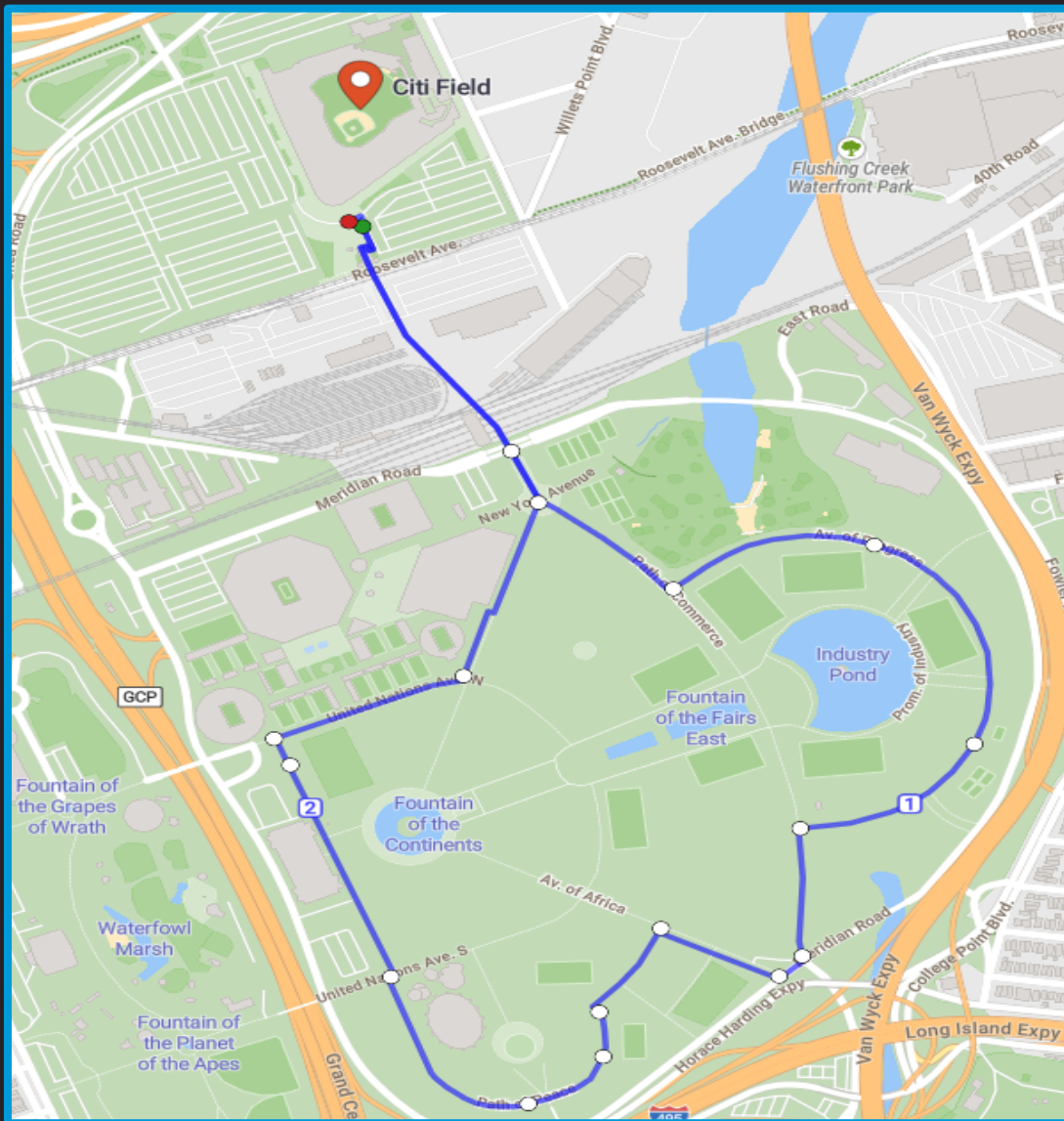
**Central Park's Stephanie and Fred Shuman Reservoir Running Track - 1.58 Mile Loop**



Running in Van Cortlandt Park offers views of nature's beauty nestled in the hustle and bustle of the Bronx. Starting at the cricket pitches, heading all the way to the top of the park, and then looping back around to end at the cricket pitches adds up to just over 5 kilometers so it's the perfect route to train for this event.

# Bronx

Van Cortlandt Park Cricket Pitch Loop - 3.2 Miles

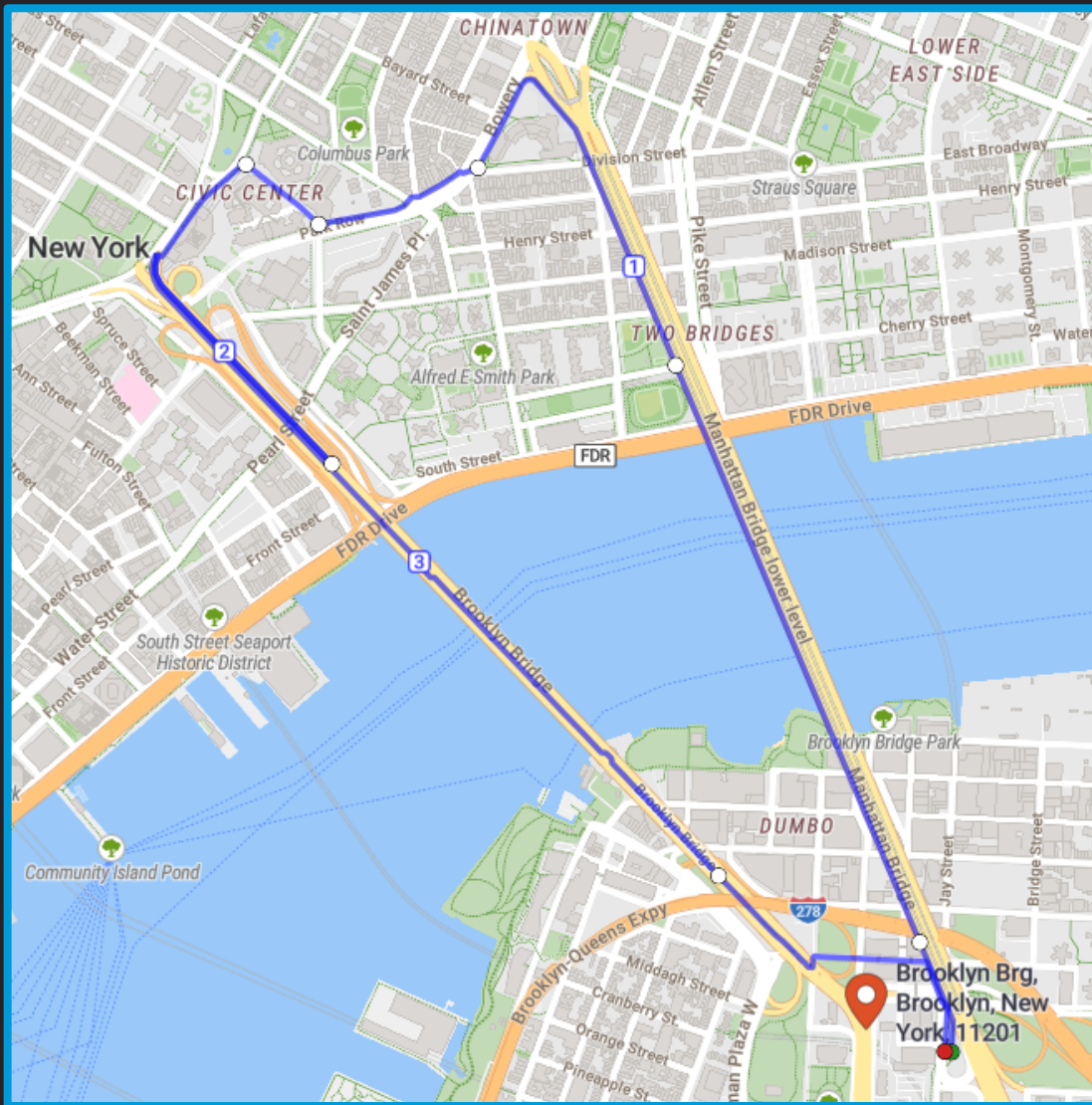


This fun loop begins and ends at the big apple outside of Citi Field (home of the New York Mets). Not only do walkers and runners get the opportunity experience the exterior of baseball's prettiest stadiums, but they also get to see the grounds of the 1964 World's Fair and Arthur Ashe Stadium, home of the U.S Open.

# Queens

**World's Fair Loop - 2.8 Miles**

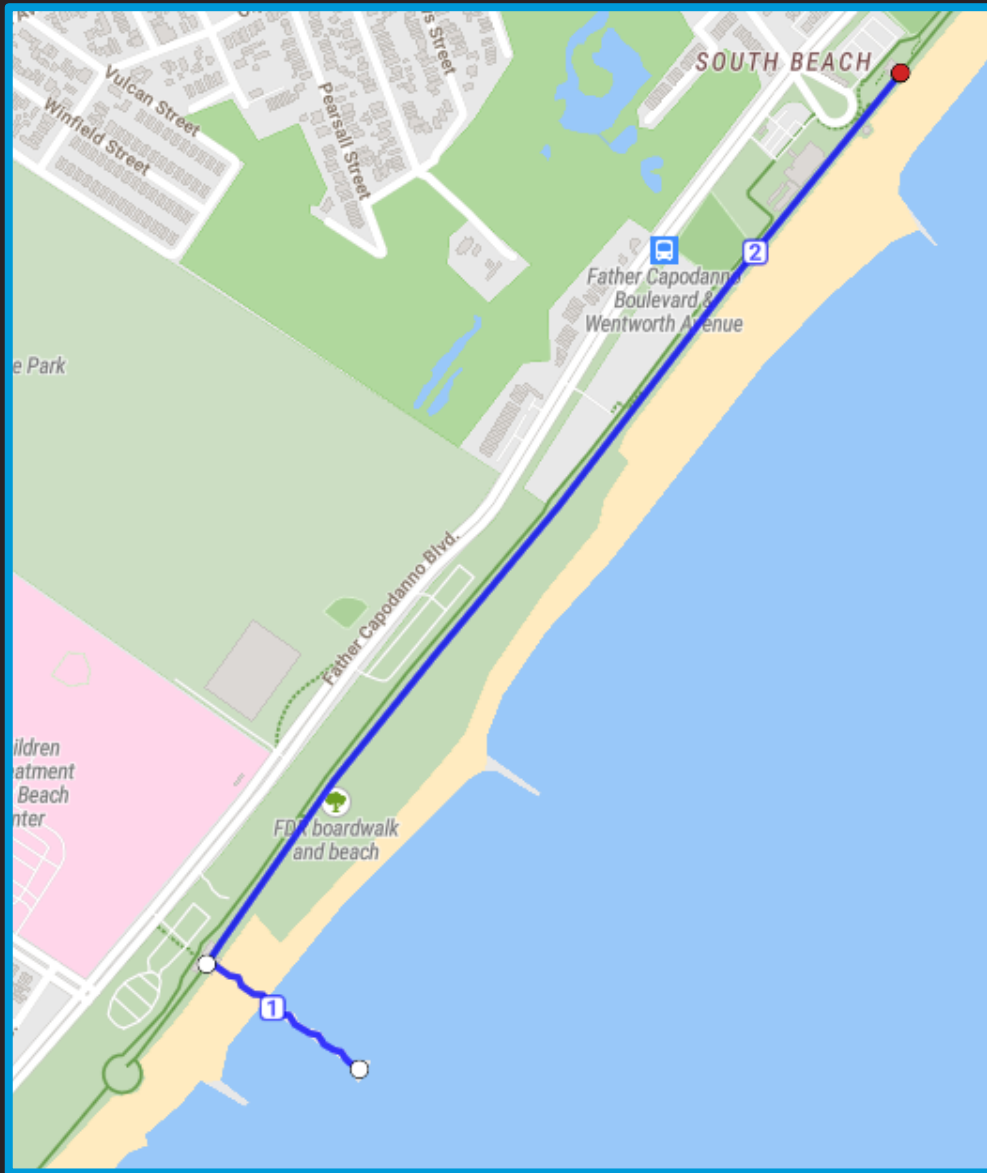




One of New York City's most fun and exciting running and walking paths takes you over two of the city's most iconic bridges. Starting near the pedestrian walkway of the Manhattan Bridge near Trinity Park in Brooklyn, runners and walkers make their way across the Manhattan Bridge into Chinatown and down to City Hall Park. From there, they begin their trip back to Brooklyn by heading back across the East River on the Brooklyn Bridge.

# Brooklyn

**Two Bridge Loop - 4 Miles**



This waterfront route starts and ends at the Boardwalk Grill on the Franklin D. Roosevelt Boardwalk. The scenic route offers the serenity of the fresh ocean breeze and sound of waves crashing against the beach. It's an excellent route to take in the ocean's beauty.

# Staten Island

**Franklin D. Roosevelt Boardwalk Loop - 2.2 Miles**