9/11 Memorial Run Prep

Coming up is UC’s annual 9/11 Stadium Stairs Run to honor of those who lost their lives in the line of duty on 9/11/01. Participants during the event are challenged to climb 2,071 steps in 56 minutes – symbolic of the 110 floors of each of the World Trade Center towers. There is also a walking path around Carson Field (the playing surface at Nippert Stadium). Details about this moving event and race can be found on the Be Well UC Events page when available.

How to participate:
The lower basin of the stadium is 56 stairs going up, then another going back down. For every 100 steps you take, fill in one of the shapes on the image below. To keep is easy, count going up & down as 100 steps. Send in this tracking sheet to wellness@uc.edu or to ML0039 to earn your 10 Be Well UC points.

Don’t forget: before beginning any new exercise program, it is always a good idea to check in with your health care provider first. Learn more about creating a training program at https://www.halhigdon.com/training/5k-training/

Other Ways to Honor 9/11 Victims and Veterans

- Volunteer – there is an organization available in all 50 states that provide volunteer opportunities on this day.
- Donate to charity – there are multiple different charities that take donations to provide advocacy and support to 9/11 responders who are dealing with catastrophic health issues, financial aid for children of 9/11 victims, youth and families impacted by terrorism, and more!
- Show appreciation to those in uniform – whether it is a firefighter, police officer, or someone in the military show them how thankful you are for their protection.