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| **WHEN**Saturday, September 16, 2017Registration: 0600Climb Start: 0847**WHERE**Gaylord National Resort & Conference CenterNational Harbor, Maryland**COST**$35, includes T-Shirt & challenge coin for the first 343 to register**REGISTER ONLINE**[**http://events.firehero.org/pgcounty**](http://events.firehero.org/pgcounty) |

# The National Capital Region 9/11 Memorial Stair Climb/5K Walk

The Stair Climb and 5K Walk are not races, but an opportunity to honor and remember the 343 FDNY firefighters who selflessly gave their lives so that others might live on 9-11-2001. Through firefighter and community participation we can ensure that the world knows that we will never forget.

The Stair Climb and 5K Walk benefit the FDNY CSU and the programs provided by the NFFF to support the families of our nation’s fallen firefighters.