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FOR IMMEDIATE RELEASE

**Hundreds Planning to Race in Support of Easterseals NH and  
Veterans Count Race Series**

*8<sup>th</sup> Annual Pack and Boots 5k Road Race Benefits New Hampshire's Veterans and  
Their Families*

On Sunday, July 4, in downtown Portsmouth, nearly 200 participants are expected at the 8<sup>th</sup> Annual Pack and Boots 5k Road Race with proceeds to benefit Veterans Count.

The philanthropic arm of Easterseals Military and Veterans Services, Veterans Count provides critical, timely financial assistance and services to New Hampshire's service members, veterans, and their families to ensure their dignity, health, and overall well-being.

In addition to a traditional 5k and virtual option, the race features a unique 1-mile Survival Run in which participants run or walk with a backpack equal to 10% of their body weight.

"Wearing the backpack in the Survival Run replicates the experience of active-duty soldiers, carrying their field kit. This a great chance to put yourself in their boots," said Race Committee Chair Chris Lucas, US Air Force (2011-2017).

The 8<sup>th</sup> Annual Pack and Boots 5k Road Race is part of the Easterseals & Veterans Count Race Series presented by BAE Systems. Individuals who participate in three of the five races will earn an official race series jacket by The North Face.

"We have added a virtual option for those unable to attend the race, and for those running in-person, we are providing pre-packaged snacks for safety. There's no better way to celebrate the Fourth of July than supporting our veterans and their families at this fun event," added Lucas.

In addition to BAE Systems, other major race sponsors include Seacoast Dream Dentistry, Novocure, Louis F. Clarizio DDS PA Oral Surgery & Dental Implant Center, and People's United Bank.

For more information about the race, and to register, visit [vetscount.org/nh/events/pack-boots-5k-road-race](http://vetscount.org/nh/events/pack-boots-5k-road-race).

## **About Easterseals NH Military & Veterans Services**

Easterseals NH Military & Veterans Services was founded in 2007 to provide a safety net of critical case management and emergency financial assistance to meet the unexpected crises of service members, veterans, and their families. Emergency financial assistance, made available through Veterans Count, the philanthropic arm of our Military & Veterans Services program, is only utilized for emergency goods and services not available through other sources. For example, funds may be used for such items as rent assistance, gas, emergency food, transportation, and tools or training to secure employment. Last year alone, the program served more than 1,660 veterans, assisting them in accessing eligible benefits and services and obtaining employment and housing to build a sustainable, secure, and viable future. Our commitment is to give each veteran the dignity he or she deserves.

For more information about Easterseals NH programs and services visit, [easterseals.com/nh](http://easterseals.com/nh)

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