

LT MICHAEL P. MURPHY

4 MILE/HALF MARATHON RUN AROUND THE LAKE

JUNE 27, 2020



Presented by



VIRTUAL 4 MILE & HALF MARATHON

BEGIN UPLOADING VIRTUAL TIMES 6/27

Thank You

DEAR NAVY SEAL LT MICHAEL MURPHY RUN/WALK AROUND THE LAKE PARTICIPANT,

On behalf of the Ronkonkoma Rotary, the Murphy Family and the communities we serve, we want to thank you for your support of this great cause. Together we vow to **NEVER FORGET** the sacrifices made by the men and women who pay the price for the freedoms we enjoy.

Your support will make a difference in the lives of our veterans. General Needs is a local grassroots organization that provides basic necessities like socks and shoes, winter coats and underwear for our veterans who are homeless or in shelters, right here on Long Island. Suffolk County has the second highest veteran density in the entire country. Organizations such as the Special Operations Warrior Foundation and Navy SEAL Foundation provide numerous support services to the families of our heroes. Whether it be providing funds to attend school, or a special camp for kids who have lost a parent in service to our country, your support will make a difference in the lives of many.

Though the RUN this year is Virtual, the **NEEDS** we support are **REAL**! Your continued support allows us to continue the good works and service we provide. We look forward to seeing your pictures on the website, and in person next year!!

Your support makes all the difference,

The Ronkonkoma Rotary



About LT Murphy

Navy Seal LT Michael P. Murphy

Local Hero, Michael Murphy, was born and raised on Long Island where he served as a Town of Brookhaven lifeguard at Lake Ronkonkoma. Michael graduated from Penn State University with Honors, and instead of attending Law School, joined the Navy SEALs.

LT Murphy deployed to Afghanistan in April 2005. He was the leader of a four-man SEAL squad that secretly infiltrated into the 9,000 foot Hindu-Kush mountains along the Pakistan border on June 27th. The team was conducting a sensitive mission, also known as "Operation Red Wings", to capture or kill high-value Taliban target Ahmad Shah, known as Ismail, when ambushed by overwhelming Taliban forces. A fierce fight ensued.

For about 45 minutes, the men fought on, as ammunition ran low. Three SEALs were wounded by gunfire or rocket-propelled grenades. One screamed, "I'm hit!" Murphy yelled back, "We're all hit! Keep moving!" LT Murphy climbed to higher ground and into the open to make an electronic call for help. Despite his severe wounds, he completed the call and continued fighting, exhorting his men to escape while he held off their attackers.



LT Murphy received The Medal of Honor, The Silver Star, Purple Heart, Combat Action Ribbon and the Afghanistan Campaign Medal.

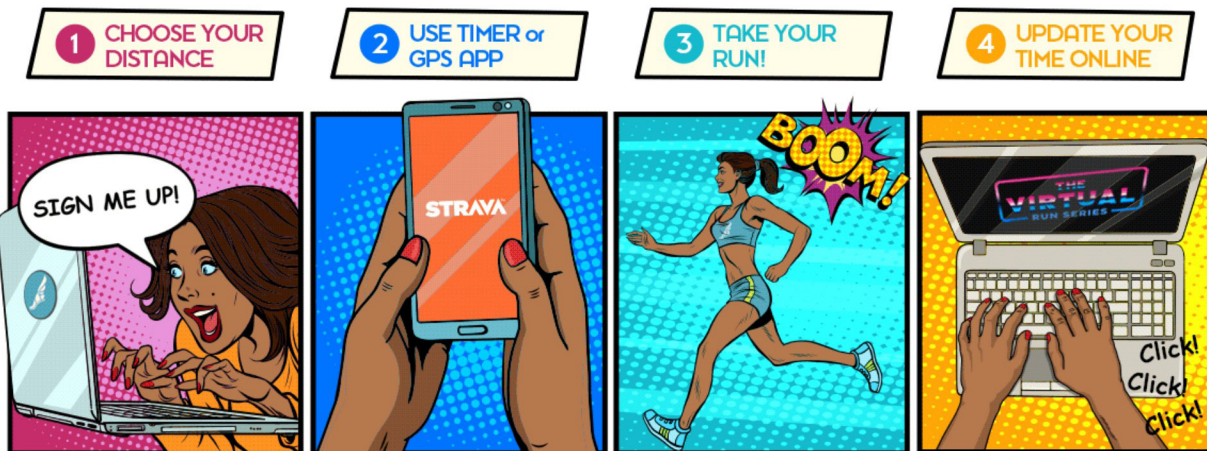
Please Support the LT. Michael P. Murphy Memorial Scholarship Foundation as well as other GREAT veterans organizations

[**CLICK HERE TO DONATE**](#)

Click Here to for highlights of the 2019 LT Murphy Run Around the Lake



How to Post Results



1. Run/Walk whenever & wherever you'd like!
2. Starting on the event date, go to **DIRECT RESULTS LINK**
3. Search for your time - click **UPDATE**
4. Enter your time
5. **OPTIONAL** upload selfie and/or photo (up to 5 photos!)

RECORD A RUN/WALK TIME

You can record your time a number of ways:

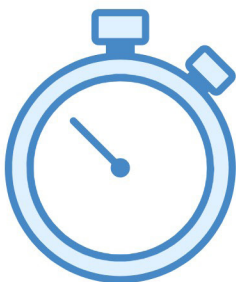
Stopwatch

GPS watch

Smartphone or other mobile device with a timer

Download the free **Strava** app and hit "Record"

Search for more running tracker apps on Google



MAPPING OUT A DISTANCE

Want to make sure you cover the correct distance?

Here are some great options:

Download the **Strava** app and hit "Record"

Use or borrow a GPS watch

4 Mile = 16 laps on a track

Half Marathon = 53 laps on a track

Walking = 2000-2500 steps per mile

Running = 1400-1700 steps per mile

Hop on a treadmill

Map a route on **MapMyRun.com**

Choose a **Certified USATF Course**

Some events display course maps on **elitefeats.com**

Many parks have marked trails

When to Post Results

EARLY REGISTRANTS

(Those who registered before 6/26)

You can start posting results beginning 6/27

LATE REGISTRANTS

(Those who registered after 6/26)

You must wait up to 24 hours to post results

DIRECT RESULTS LINK

SWAG MAILING

(See page 5 for more details on swag items)

Swag mailing begins 6/22. Please allow 3-5 business days to receive.

You don't need the bib to run, its a keepsake!



LT Murphy Swag

ALL runners/walkers get a TEE, BUFF & DOG TAG
Half Marathoners also receive a FINISHER MEDAL



HONORARY AWARDS

To Be Announced After July 5

4 MILE

Top 3 Male/Female

Top 3 M/F Age Groups:

14 & Under through 85+
(in 5 year increments)

Top 3 M/F Wheelchair

Top 3 TEAMS: Open & Uniformed

Lance Hugelmeyer Award: Fastest

Ronkonkoma M/F (11779)



HALF MARATHON

Top 3 Male/Female

Top 3 M/F Age Groups 14 &

Under to 85+ in 5 year increments

[VIEW AWARDS](#)





Special Thanks

TO EVERYONE WHO MAKES THE
NAVY SEAL LT MICHAEL P. MURPHY
RUN AROUND THE LAKE POSSIBLE!

RUNNERS

Thank you for joining us and
showing your support.
Hope to see you next year!

Medal of Honor Sponsor



Silver Star Sponsor



Support these GREAT Veteran's Organizations



Stay Connected With Us!

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@NavySEALLTMurphyRunAroundTheLake



RunAroundtheLake.com

