

FOR IMMEDIATE RELEASE
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Former Marine Plans Six-Day, 185 Mile Trek to Benefit Sentinels of Freedom

Frederick, MD....Terry Mahoney, age 40, doesn't look like your typical distance athlete. At 285 pounds, the broad-shouldered former Marine admits he has some serious training ahead of him before he tackles his six-day, 185-mile trek of the C&O Canal Tow Path to benefit the veteran's group, Sentinels of Freedom, in November of this year.

Mahoney's hike will begin on Saturday, November 5, 2011 and finish on Thursday, November 10, the day of the Marine Corps birthday and one day before Veterans Day. The route will take him from Cumberland, Maryland, to Georgetown in Washington DC, within a few miles of the National Naval Medical Center in Bethesda.

Mahoney says his passion for supporting higher education and the *Sentinels of Freedom* is motivating him on his daily early morning training hikes. "The Sentinels of Freedom gives life scholarships to worthy veterans who have shown that they want to excel and succeed despite massive disabling wounds," explains Mahoney. "As a service disabled veteran myself, I know that the Veteran's Administration can't provide all of the needed resources for veterans. Sentinels of Freedom is a dynamic organization that helps severely wounded vets transform themselves into successful leaders," he adds.

Mahoney's project is receiving a \$6,000 sponsorship from the Ed Mahoney Scholarship Foundation that will be donated to the Sentinels of Freedom fund.

“The Foundation was formed by our family after the tragic death of our father aboard USAir Flight 427 on September 8, 1994,” Mahoney says. “Our father valued continuing education, and so the Sentinels of Freedom is a fitting choice for this year’s donation.” “Our goal is \$60,000, which is the amount needed to support one life scholarship,” he explains.

Post-Easter Trek Will Follow the Path of Saint Elizabeth Ann Seton

Mahoney, who competed as a “Super Clydesdale” triathalon during his 1990 – 1996 stint in the Marines, has several major hikes planned as part of his training. The first of those will be a 49.5-mile hike on April 28, the Thursday after Easter, from downtown Baltimore to the grounds of the National Shrine of Saint Elizabeth Ann Seton in Emmitsburg, Maryland.

The road he’ll follow along Rte 140 has special meaning for Mahoney, who is a Catholic, because it’s similar to the path Saint Elizabeth Ann Seton took when she moved her initial school on Baltimore’s Paca Street to the Emmitsburg area. “I plan to end my walk at the White House, the site of her Emmitsburg School,” said Mahoney. At an average rate of 3.5 M.P.H., Mahoney estimates that the walk will take about 16 hours. Mahoney’s German Shepherd, Karlos, is training with him and will accompany him on all of the walks where it’s safe for him to come along. (Karlos is named after Carlos Hathcock, the father of the Marine Corps sniper school, but the spelling was changed to a “K” as a nod to his German heritage!)

Major Hikes Also Planned for June and October

Mahoney is also planning a 90-plus mile trek from Lieutenant General Lewis B. “Chesty” Puller’s birthplace near Williamsburg, Virginia, to the Marine Corps Museum in Quantico, Virginia, ending on Puller’s birthday, June 24th. “Chesty” Puller is the most decorated and beloved Marine in the history of the Corps.

He also plans to take on the Four State Challenge later in the year, which involves hiking the Appalachian Trail from Pennsylvania to Virginia, a distance of about 45 mountainous miles, in just one day. "All of these trials will serve to publicize the November event, and hopefully appeal to people with different interests," says Mahoney.

All funds raised will be deposited only into accounts controlled by the Community Foundation for the National Capitol Region. Tax deductible donations can be sent to: The Ed Mahoney Scholarship Foundation, c/o The Community Foundation for the National Capitol Region, 1201 15 St. NW, Suite 420, Washington, DC 20005, or The Ed Mahoney Scholarship Foundation (CFNCR), C/O Harvest Bank of MD, 37 N Market St., Frederick, MD 21701, or donations can be made via PayPal at EdMahoneyScholarship@CFNCR.org (from the Pay Pal Home page, use the Send Money tab).

Mahoney is covering the cost of any equipment or goods required for this project so that all funds raised can go directly to Sentinels of Freedom. Information about Sentinels of Freedom and their Mission Statement is available at www.sentinelsoffreedom.org. Sentinels of Freedom Scholarship Foundation is an IRS approved 501C3 charitable organization supporting severely wounded Veterans.

More About Sentinels of Freedom:

The mission of the Sentinels is to provide comprehensive assistance and scholarships to assist permanently disabled post 9-11 veterans in their efforts to become productive, self-sufficient, integrated members of their local communities upon their return to civilian life.

The comprehensive assistance is targeted toward highly-motivated men and women who are amputees, paraplegic, blinded, deaf, and badly burned or otherwise severely injured and rated sixty percent or more disabled. The primary target of the support is enlisted men and women, as they are most in need of support, although the organization does not exclude officers.

Sentinels of Freedom identifies candidates early in their rehabilitation in order to have sufficient time to get to know them and determine that they have the will, aptitude and attitude necessary to successfully make the transition to civilian life.

Since inception, Sentinels of Freedom has awarded 64 scholarships. The make-up of scholarships is 44 veterans currently in the program, of which 20 have graduated.