Form 144 Filer Information	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549
	Form 144
FORM 144	NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK   0001818070
Filer CCC   XXXXXXXX
Is this a LIVE or TEST Filing?   ◉ LIVE ○ TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer	Allovir, Inc.
SEC File Number	001-39409
Address of Issuer	1100 Winter Street Waltham MASSACHUSETTS 02451
Phone	617-433-2605
Name of Person for Whose Account the Securities are To Be Sold	Brainard Diana

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	Officer
Relationship to Issuer	Director

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common Stock	Morgan Stanley Smith Barney LLC 1 New York Plaza, 38th Floor New York NY 10004	1493	1216	115441265	10/03/2024	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

| Title of the | Date you | Nature of | Name of | Is | Date | Amount of | Date of | Nature of |

Class	Acquired	Acquisition Transaction	Person from Whom Acquired	this a Gift?	Donor Acquired	Securities Acquired	Payment	Payment *
Common	10/03/2024	Restricted Stock	Allovir, Inc.	☐		1493	10/03/2024	N/A

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Diana Brainard c/o 1100 Winter Street Waltham MA 02451	Restricted Stock	08/20/2024	5390	3996
Diana Brainard c/o 1100 Winter Street Waltham MA 02451	Restricted Stock	08/19/2024	3091	2348
Diana Brainard c/o 1100 Winter Street Waltham MA 02451	Restricted Stock	08/05/2024	10847	7970
Diana Brainard c/o 1100 Winter Street Waltham MA 02451	Restricted Stock	07/19/2024	9731	7299
Diana Brainard c/o 1100 Winter Street Waltham MA 02451	Restricted Stock	07/02/2024	1489	1072
Diana Brainard c/o 1100 Winter Street Waltham MA 02451	Restricted Stock	05/21/2024	5149	4080

144: Remarks and Signature

Remarks

Date of Notice   10/03/2024

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature   Brett Hagen, as Attorney-in-Fact

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)