FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

| | OMB APPROVAL | | | | | | | | | |
|---|---------------------|-----------|--|--|--|--|--|--|--|--|
| | OMB Number: | 3235-0287 | | | | | | | | |
| | Estimated average b | ourden | | | | | | | | |
| l | hours per response: | 0.5 | | | | | | | | |

| | Check this box if no longer subject |
|--------|-------------------------------------|
| \neg | to Section 16. Form 4 or Form 5 |
| _ | obligations may continue. See |
| | Instruction 1(b). |

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

| | | | | 01 360 | , lion c | 0(11) 0 | i tile ii | iives | Surient C | ompany Act | 01 13. | +0 | | | | | | | |
|---|--|-----------------------------|---|---|--|--|----------------|------------------|--------------------|----------------|--|---|---|--|--|--|--|--|--|
| Name and Address of Reporting Person* Sinha Vikas | | | | 2. Issuer Name and Ticker or Trading Symbol Allovir, Inc. [ALVR] | | | | | | | | | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director X 10% Owner | | | | | | |
| (Last) C/O ALI | ast) (First) (Middle) /O ALLOVIR, INC. | | | | | 3. Date of Earliest Transaction (Month/Day/Year) 07/05/2023 | | | | | | | | X Officer (give title below) Other (specify below) See Remarks | | | | | |
| 1100 WINTER STREET | | | | 4. If Amendment, Date of Original Filed (Month/Day/Year) | | | | | | | | | Individual or Joint/Group Filing (Check Applicable Line) | | | | | | |
| (Street) | (Street) WALTHAM MA 02451 | | | | | | | | | | | | X Form filed by One Reporting Person Form filed by More than One Reporting Person | | | | | | |
| (City) (State) (Zip) | | | | Rule | Rule 10b5-1(c) Transaction Indication | | | | | | | | | | | | | | |
| | | | | | Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10. | | | | | | | | | | | | | | |
| | | Table | I - Non-Deriva | tive S | ecui | rities | Acq | uir | red, Di | sposed o | f, or | Benefic | ially Ow | ned | | | | | |
| Date | | | 2. Transaction Date (Month/Day/Year | 2A. Deemed Execution Date, if any (Month/Day/Year | | Code (Instr. | | ction D | | | | 5. Amount of Securities Beneficially Owned Following Reported | | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | | 7. Nature of Indirect Beneficial Ownership | | | |
| | | | | | | Cod | de | V A | mount c | A) or D) | Price | Transac | Transaction(s) (Instr. 3 and 4) | | 4) | (Instr. 4) | | | |
| Common Stock 07/05/2023 | | | | | | | S ⁽ | (1) | | 2,983 | D | \$3.0451 | 1,186,852(3) | | D | | | | |
| Common | Stock | | | | | | | | | | 16,674,766 ⁽⁴⁾ | | I | | Shares held by ElevateBio LLC | | | | |
| | Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) | | | | | | | | | | | | | | | | | | |
| 1. Title of Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of Derivative Security | on Date (Month/Day/Year) | 3A. Deemed Execution Date, if any (Month/Day/Year) | 4. Transac Code (I 8) | | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | | 3 | | | Am Sec Und Der Sec | itle and ount of curities lerlying ivative curity ctr. 3 and 4) | 8. Price of Derivative Security (Instr. 5) | derivativ Securiti Benefici Owned Followir Reporte Transac | 9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4) | | 11. Natur of Indire Beneficio Ownerst (Instr. 4) | | |
| | | | Code | v | (A) | (D) | Dat | ite ercisable | Expiration Date | Title | Amount or Number of e Shares | | | | | | | | |

Explanation of Responses:

- 1. Represents shares required to be sold by the Reporting Person to cover tax withholding obligations in connection with the vesting of restricted stock units. These sales were automatic and not in the discretion of the Reporting Person.
- 2. The price reported in Column 4 is a weighted average price. The shares were sold in multiple transactions at prices ranging from \$2.96 to \$3.15. Full information regarding the number of shares sold at each separate price can be furnished to the SEC staff upon request.
- 3. Includes 4,780 shares acquired under the AlloVir, Inc. 2020 Employee Stock Purchase Plan on June 30, 2023.
- 4. Shares held by ElevateBio. The Reporting Person is a director and Chief Financial Officer of ElevateBio, and may be deemed to have shared voting and investment power of the shares held by ElevateBio. The Reporting Person disclaims beneficial ownership of these securities except to the extent of his pecuniary interest therein, and the inclusion of these shares in this report shall not be deemed an admission of beneficial ownership of all of the reported shares for purposes of Section 16 or for any other purpose.

Officer Title: President and Chief Financial Officer

/s/ Brett Hagen, as Attorney-07/06/2023 in-Fact

** Signature of Reporting Person Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.