

Riders Reflect: Stories from Veteran Cyclists Served by Wounded Warrior Project

JACKSONVILLE, Fla., May 26, 2017 /PRNewswire/ -- Bicycling is a big deal here at [Wounded Warrior Project](#)® (WWP). For years, it's been one of the most accessible methods for the warriors we serve to stay active and healthy. It's also one of our biggest programs: [Soldier Ride](#)®, the multi-day cycling event that connects warriors as they push themselves physically and mentally while managing visible and invisible wounds of war.

Our cycling programs have taken us to places such as Puerto Rico, San Diego, Seattle, New York City, and even Washington, DC, where the president of the United States met with a group of warriors in April. WWP Physical Health and Wellness Director James Herrera has ridden alongside some of these amazing men and women and has heard some of their successes and stories. Our warriors have had a lot to say about cycling and Soldier Ride:

"I've been to many Wounded Warrior Project events, but the bicycle rides are my favorite. Being part of this organization has allowed me to connect with other veterans back stateside as well as here in Puerto Rico. I go riding every day as my physical and mental therapy. Through a Soldier Ride event, I discovered that my mind is relaxed when I'm on the bike. My legs are getting stronger, and bicycling is helping me lose weight. I never thought about being a cyclist when I joined Wounded Warrior Project five years ago, but it's allowed me to make new friends and keep in touch with how they're doing in their recoveries."

- David Camacho, Army veteran, Puerto Rico Ride

"I don't want my disability to slow me down or stop me. Wounded Warrior Project makes that easy because they find ways to make things possible. They don't focus on what I can't do - but what I can do. The bike they provided for me was perfect for my injury and allowed me to participate in the ride, just like anyone else."

- Natalie Charles, Army veteran, Miami and Key West Soldier Ride

To check out more stories from warriors who have been impacted by WWP's cycling events and Soldier Rides, visit <https://newsroom.woundedwarriorproject.org/2017-05-26-Riders-Reflect-Stories-from-Veteran-Cyclists-Served-by-Wounded-Warrior-Project>.

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at <https://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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Additional assets available online: [Photos \(1\)](#)

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