

Camaraderie and Teamwork Heal Wounded Veterans during National Cycling Event

Wounded Warrior Project Soldier Ride Comes to San Diego March 3-5

SAN DIEGO, Feb. 19, 2016 /PRNewswire-USNewswire/ -- Wounded Warrior Project® (WWP) Soldier Ride® is cruising to California, where 55 of our nation's heroes will begin their journey toward a strong recovery with fellow wounded veterans. Throughout the cycling event, participants will discover that Soldier Ride is not only a cycling event, it is a life-changing opportunity to heal their bodies and minds.

Soldier Ride San Diego will unite injured service members for three days of group cycling that facilitates camaraderie and healing through physical health and wellness activities. Soldier Ride often serves as an introductory event into WWP's Physical Health and Wellness program for Alumni, who go on to participate in a variety of WWP programs and services.

Before the ride, each wounded veteran is fit with adaptive equipment to meet his or her specific needs. The participating injured service members will ride over 27 miles through Coronado and Chula Vista as a team. Soldier Ride participants will also enjoy teambuilding exercises, such as nutrition classes and yoga. Many wounded veterans find Soldier Ride to be an unforgettable, enriching experience as they take their first strides toward their new normal.

Full Schedule of Events:

Thursday, March 3

9:00 AM - 3:00 PM

Hilton Mission Bay

Bike Fitting with Injured Veterans

Hilton Mission Bay
1775 E Mission Bay Drive,
San Diego CA, 92109

Friday, March 4

9:00 AM - 11:30 AM

Tidelands Park (13 miles)

Warrior Ride - Coronado, CA

Start & End: Tidelands Park
2000 Mullinex Drive,
Coronado, CA, 92118

Saturday, March 5

9:00 AM - 11:30 AM

Training Center (14 miles)

Warrior Ride - Chula Vista, CA

Start and End: Chula Vista
2800 Olympic Parkway
Chula Vista, CA, 91915

Olympic

To schedule an interview with participating veterans and Wounded Warrior Project staff, contact Nick Krauss at nickkraus@me.com or 904-755-2918

About Soldier Ride

Soldier Ride® began in 2004 when civilian Chris Carney cycled more than 5,000 miles coast-to-coast in support of WWP. In 2005, Carney again cycled coast-to-coast, this time with several combat-wounded veterans of Iraq and Afghanistan. Soldier Ride has been welcomed at the White House since 2008 when President Bush called it "the most inspiring athletic event in the country," and most recently in April 2015 by President Obama where WWP Alumni met privately with him before the event. Soldier Ride is a physical health & wellness program of WWP, which envisions a generation of wounded veterans well-adjusted in body, receiving the care they need to maximize rehabilitation and live active and healthy lives. Through peer support, adaptive sports, health, nutrition, and recreational activities, WWP helps warriors achieve independence and pursue an excellent quality of life.

More information on Soldier Ride is available at soldierride.org.

About Wounded Warrior Project

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. WWP's purpose is to raise awareness and to enlist the public's aid for the needs of injured service members, to help injured servicemen and women aid and assist each other, and to provide unique, direct programs and services to meet their needs. WWP is a national, nonpartisan organization headquartered in Jacksonville, Florida. To get involved and learn more, visit woundedwarriorproject.org.


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SOURCE Wounded Warrior Project

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Additional assets available online:  [Photos \(3\)](#)

<https://newsroom.woundedwarriorproject.org/2016-02-19-Camaraderie-and-Teamwork-Heal-Wounded-Veterans-during-National-Cycling-Event>