

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

## Wounded Warrior Project Soldier Ride Event Comes to the Nation's Capital and The White House **National Cycling Event Arrives in DC to Help Heal Wounded Veterans**

WASHINGTON, April 4, 2016 /[PRNewswire-USNewswire](#)/ -- The White House will host Wounded Warrior

Project® (WWP) Soldier Ride® as 55 of our nation's heroes 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. In the spirit of recapturing military bonding, the participating injured service members will unite to ride over 51 miles around the nation's capital.

Soldier Ride D.C. 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's direct programs and services, all free of charge.

Before the ride, each wounded veteran is fitted with adaptive equipment to meet his or her specific needs. Aside from the main cycling event, Soldier Ride participants will also enjoy teambuilding exercises, such as nutrition classes, sightseeing around the nation's capital, and Physical Health and Wellness (PH&W) program activities. Many wounded veterans find Soldier Ride to be an unforgettable, enriching experience as they take their first strides toward a new normal – on their terms. Many WWP Alumni face similar challenges and events like this offer them a chance to come together and connect with other wounded veterans and family support members.

### **Full Schedule of Events:**

#### **Tuesday, April 12**

**10:00 AM - 2:00 PM**

#### **Bike Fitting with Injured Veterans**

#### **National Harbor Parking Lot**

165 Waterfront Street

Oxon Hill, MD 20745

#### **Wednesday, April 13**

**9:30 AM - 12:00 PM**

#### **Warrior Ride - Washington DC**

#### **Mason Neck National Wildlife Refuge (17 miles)**

Start & End: Mason Neck National Wildlife Refuge

High Point Road

Lorton VA 22079

#### **Thursday, April 14**

**9:00 AM - 12:00 PM**

#### **White House Ceremony - Washington DC**

**TBD (TBD miles)**

Start and End: The White House

1600 Pennsylvania Ave.  
Washington DC, 20002.

**Friday, April 15**

**9:00 AM - 12:00 PM**

**Warrior Ride - Annapolis MD**

**City Dock (17 miles)**

Start and End: City Dock  
1 Dock Street  
Annapolis, MD 21401

**Saturday, April 16**

**9:00 AM - 12:00 PM**

**Warrior Ride - Herndon W&OD Trail**

**Herndon Community Center (17 miles)**

Start and End: Herndon Community Center  
814 Ferndale Avenue  
Herndon, VA 20170

**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

<https://www.woundedwarriorproject.org/programs/soldier-ride>.

**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](http://woundedwarriorproject.org).

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SOURCE Wounded Warrior Project

For further information: Mattison Brooks - Public Relations Specialist, Email: mbrooks@woundedwarriorproject.org, Phone: 904.451.5590

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

<https://newsroom.woundedwarriorproject.org/2016-04-04-Wounded-Warrior-Project-Soldier-Ride-Event-Comes-to-the-Nations-Capital-and-The-White-House>