

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

## Wounded Veterans Ride Towards Recovery During National Cycling Event

### **Soldier Ride Comes to Sacramento April 21-24**

SACRAMENTO, Calif., April 14, 2016 /[PRNewswire-USNewswire](#)/ -- Northern California will host Wounded Warrior Project's® (WWP) Soldier Ride® as a group of our nation's heroes begin their journey toward a strong recovery with fellow injured veterans. Throughout the weekend's activities, 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 bonds, participating injured service members unite to cycle more than 30 miles through the beautiful hills of Northern California.

Soldier Ride Sacramento brings together wounded veterans for three days of group cycling that facilitates camaraderie and healing. Soldier Ride often introduces Alumni to WWP's Physical Health and Wellness (PH&W) program. Alumni then go on to participate in a variety of PH&W activities and learn more about WWP 20 direct programs and services, all offered free of charge to wounded service members, their caregivers, and families.

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 enjoy teambuilding exercises, such as kayaking and other 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 adjusting to their injuries and civilian life. Events like this offer them a chance to come together, connect with other wounded veterans and family support members, and learn they are not alone.

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

#### **Thursday, April 21**

**10:00 AM -**

**2:00 PM**

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

#### **Marriott Courtyard Santa Rosa**

175 Railroad Street

Santa Rosa, CA 95401

#### **Friday, April 22**

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

#### **Warrior Ride**

#### **Good Sheppard Lutheran Church (15 miles)**

Start: Good Sheppard Lutheran Church

1402 University Avenue

Healdsburg, CA 95448

End: Lake Sanoma

3333 Skaggs Springs Road

Geyersville, CA 95441

#### **Saturday, April 23**

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

## **Warrior Ride**

### **Bodega Bay, Campbell Cove (15 miles)**

Start: Bodega Bay, Campbell Cove

Westshore Road

Bodega Bay, CA 94923

End: Goat Rock State Park

State Park Rd

Jenner, CA 95450

## **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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Additional assets available online: [Photos \(5\)](#)

<https://newsroom.woundedwarriorproject.org/2016-04-14-Wounded-Veterans-Ride-Towards-Recovery-During-National-Cycling-Event>