

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

Veterans Paddle Out for Competition with Wounded Warrior Project **Gathering Provides Opportunity to Try Monster Stand-up Paddleboarding**

MIDDLE RIVER, Md., Aug. 16, 2016 /[PRNewswire-USNewswire](#)/ -- During a recent Wounded Warrior Project® (WWP) program gathering, wounded warriors and their guests had the opportunity to try something new - monster stand-up paddleboarding (SUP). These supersized boards are 18 feet long and inflatable, and can accommodate three to six people. The fun day on the water allowed injured veterans to get to know each other in a relaxed setting, while being physically active.

"Just having something to look forward to and getting out of the house helps me in so many ways," said Army veteran Rich Davis. "It was an awesome experience to see people I already know and meet other veterans. It's usually hard for me to talk to new people, but everyone there was so cool and just wanted to have fun."

Every WWP program incorporates a social element to help combat isolation, which is one of the most significant struggles wounded warriors deal with after serving their country. It can be difficult knowing how to overcome that challenge and rekindle bonds similar to those formed in the military.

Only a couple participants had ever tried traditional paddleboarding, but no one flipped their board or fell off. These monster boards gave injured veterans the opportunity to bond and build relationships through teamwork. Warriors were divided into four groups for the monster SUP races. Each group worked together in an attempt to win the competition.

"I loved this experience with WWP, and taking first place made it even better," Rich said. "Although it was new to me, I always enjoy activities involving the beach, river, or anything in or on the water."

After spending the day on the water, the warriors were treated to a signature Chesapeake Bay sunset while enjoying a delicious meal at picnic tables on the beach. This also gave them the opportunity to learn about various WWP programs and services from WWP staff. All WWP programs and services are offered free of charge for a lifetime, and are designed to ease the burdens of warriors, their caregivers, and families.

About Wounded Warrior Project

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. The WWP 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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