

Veterans Participate in Jacksonville Soldier Ride

Wounded Warrior Project Brings Heroes to River City for Healing

JACKSONVILLE, Fla., Dec. 19, 2016 [/PRNewswire-USNewswire/](#) -- More than 30 wounded warriors attended a two-day, 30-mile Wounded Warrior Project® (WWP) Soldier Ride® in the River City recently. Soldier Ride is more than just a bicycling event – for many warriors, the ride is the first time they venture outside their homes to connect with their communities. As such, Soldier Ride has often served injured veterans by introducing them to WWP's long-term health and wellness programs, which include physical training, outdoor events, and nutrition classes.

"I've seen Wounded Warrior Project change lives, and I've seen how it has improved my marriage," said Durrant Spencer, a U.S. Navy wounded warrior from Jacksonville, Florida.

"Wounded Warrior Project sticks with its mission to honor and empower Wounded Warriors. I see what it does. I see the changes it makes – it has done it in my life, it's done it in my friends' lives, and it can do it in the next warrior's life."

During [Soldier Ride](#) in Jacksonville, warriors participated in team-building exercises, a night of fellowship where they could relate to others with similar military backgrounds, a tour of WWP headquarters, a day of riding at Naval Station Mayport, and other physical health and wellness training activities. The historic nature of this program event's location sets it apart from others held nationwide, as it is the first of its kind to be launched from WWP's national headquarters office.

More than 40 WWP teammates and guests joined the warriors on the final day of the ride through Jacksonville. Two Harley-Davidson® riders led the bike formation as the warriors were cheered on by Sudduth® employees who lined the streets with homemade signs of encouragement. Among the applauding crowd of supporters were more than 14 community vendors that donated invaluable gifts-in-kind, making the event a special one for all. These vendors included DJ Adam Warner, Celebration Church, Southpoint Community Church, The Young Professionals, and South Kitchen and Spirits.

Programs that aid in managing mental health through physical activity are paramount according to the [2016 WWP Annual Warrior Survey](#), in which 29.6 percent of survey respondents expressed physical activity helps them cope with stress and emotional concerns.