

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

## Wounded Warrior Project Bicycle Ride Empowers Injured Veterans

SAN JUAN, Puerto Rico, May 9, 2017 /[PRNewswire-USNewswire](#)/ -- A group of warriors served by Wounded Warrior Project® (WWP) recently gathered together to enjoy a 15-mile bicycle ride through San Juan, Puerto Rico. The ride included a stop at a memorial that honors the veterans of Puerto Rico who paid the ultimate sacrifice in conflicts dating back to World War I.

Among the riders was David Camacho, a 21-year Army veteran. For him, the rides are a familiar outing and a chance to stay in touch with local warriors.

"I've been to many Wounded Warrior Project events, but the bicycle rides are my favorite," David said. "Being part of this organization has allowed me to connect with other veterans back stateside and as well as here in Puerto Rico."

And the rides are more than just chances to connect with other warriors – they're a way to recover from the invisible and visible wounds of war.

"I go riding every day as my physical and mental therapy," David said. "Through a [Soldier Ride®](#), I discovered that my mind is relaxed when I'm on the bike. My legs are getting stronger, and bicycling is helping me lose weight. I never thought about being a cyclist when I joined Wounded Warrior Project five years ago, but it's allowed me to make new friends and keep in touch with how they're doing in their recoveries."

In a [WWP survey](#) of the injured warriors it serves, more than half of survey respondents (51.7 percent) talked with fellow veterans to address their mental health issues.

"I'll tell anyone who asks about Wounded Warrior Project, that no matter what problem a veteran might have, there's a program that can help," David said. "They will follow up and help you, if you're willing to be helped. We're all very proud of Wounded Warrior Project's logo and what it means to the community of other warriors here in Puerto Rico. We stand proud because of it."

To learn more about how WWP's programs and services connect, serve, and empower wounded warriors, visit [newsroom.woundedwarriorproject.org/](https://newsroom.woundedwarriorproject.org/).

### About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors.

SOURCE Wounded Warrior Project

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Additional assets available online: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2017-05-09-Wounded-Warrior-Project-Bicycle-Ride-Empowers-Injured-Veterans>