

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

Wounded Warrior Project Joins BikePGH for Veterans Day Bike Ride

PITTSBURGH, Nov. 10, 2017 /[PRNewswire-USNewswire](#)/ -- Bike Pittsburgh (BikePGH) will collaborate with Wounded Warrior Project® (WWP) (<http://www.woundedwarriorproject.org>) for the second consecutive year to host a Veterans Day bike ride followed by the Pittsburgh Veterans Day Parade, tomorrow. It will be a 22-kilometer (13.7 mile) bike ride for veterans registered with WWP. The significance of the number represents the approximately 22 veterans who take their lives each day.

In a WWP survey (<https://www.woundedwarriorproject.org/mission/what-our-warriors-say>) of the injured warriors it serves, 30.3 percent of survey respondents expressed physical activity helps them cope with stress and emotional or mental health concerns. This ride aims to raise awareness for veterans' mental health while providing a positive social experience and physical activity for wounded warriors before they head out to the Veterans Day Parade.

Beyond the benefits of improved physical health and wellness, events like this connect warriors with fellow service members in the community, thus minimizing isolation and creating a support structure, and helping them regain control of their healing process. WWP programs focus on mental and physical health and wellness, financial wellness, independence, government relations, and community relations and partnerships; all are offered to wounded warriors free of charge.

WWP is honored to collaborate with other organizations in the continued effort to reduce veteran suicide. The Veterans Day bike ride will depart from the WWP office in downtown Pittsburgh, which is near two Healthy Ride stations (<https://healthyridepgh.com/stations>). The ride will get onto the Eliza Furnace trail from downtown and ride along the Great Allegheny Passage toward Washington, DC. Wounded warriors will meet their families after the ride and line up to get on a float for the parade.

To learn more about how WWP connects, serves, and empowers wounded warriors, visit <http://newsroom.woundedwarriorproject.org>.

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

For further information: Vesta M. Anderson - Public Relations Specialist, Email: vanderson@woundedwarriorproject.org, Phone: 904.570.0771

<https://newsroom.woundedwarriorproject.org/2017-11-10-Wounded-Warrior-Project-Joins-BikePGH-for-Veterans-Day-Bike-Ride>