

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

Injured Veterans Connect and Kick Up Some Dirt at BMX Clinic

CHANDLER, Ariz., Aug. 9, 2018 /PRNewswire/ -- Bike motocross (BMX) instructors showed injured veterans and their guests how to master some basic freestyle moves during a Wounded Warrior Project® (WWP) event.

"This clinic helped me really connect with my 9-year-old nephew," said Navy veteran Dawn Marie Drake of Peoria, Arizona. "He absolutely loves anything to do with bikes, so when I saw this event, I knew I really wanted to learn about BMX and spend time with him."

WWP program gatherings offer settings that provide opportunities for injured veterans to form bonds with one another and their communities. WWP also serves warriors by focusing on mental and physical health and wellness, financial wellness, independence, government relations, and community relations and partnerships.

"We absolutely loved this event," Dawn said. "It was early in the morning, before the Arizona heat set in, which made it a huge hit. The instructors made us feel welcome and at ease, like we had been riding for years."

"I enjoyed meeting and talking to the other warriors and their families," Dawn said. "I'm always touched by the resilience that the children show. I've struggled with so much, and during every bump, my nephew and niece have been there with me."

The 2017 WWP Annual Warrior Survey (<https://www.woundedwarriorproject.org/survey>) highlights the importance of opportunities for connection at WWP outreach events, which support the long-term recovery of warriors in environments that accommodate physical injuries and social anxieties.

"This event helped strengthen my connection with my nephew and other veterans," Dawn said. "My nephew and I now practice BMX two or three times a week. He recently took first place at his first race."

"Wounded Warrior Project has given me a renewed sense of self and has given me back so much confidence," Dawn said. "It's allowed me to step outside my comfort zone in a safe place, which has helped me grow into a better person and aunt."

WWP has been connecting, serving, and empowering wounded warriors for 15 years. To learn more, visit <http://newsroom.woundedwarriorproject.org>.

About Wounded Warrior Project

Since 2003, Wounded Warrior Project® (WWP) has been meeting the growing needs of warriors, their families, and caregivers – helping them achieve their highest ambition. Learn more: <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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

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<https://newsroom.woundedwarriorproject.org/2018-08-09-Injured-Veterans-Connect-and-Kick-Up-Some-Dirt-at-BMX-Clinic>