

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

## Soldier Ride Across America: How Wounded Warrior Project Prepares Riders For Success

BROWNSVILLE, Tenn., Sept. 21, 2018 /[PRNewswire](#)/ -- Soldier Ride Across America marks 15 years of journeys to recovery, transformations, and new connections made on the road. The riders are pedaling through Tennessee this week. But before the bicycle spokes start turning, a safety net opens to support riders through every mile of the journey.

Soldier Ride Across America is not a competition. In fact, it's known as a "no drop ride," because no one is left behind.

"We want to ensure warriors' success by helping them prepare both physically and mentally," said Adam Faine, Wounded Warrior Project® (WWP) [Soldier Ride](#)® manager.

### **The Logistics**

Soldier Ride Across America starts in New York City and ends in San Diego. The coast-to-coast ride will take 30 days to complete.

"This ride is different from other Wounded Warrior Project-supported Soldier Rides that happen locally," Adam explained. "We knew we would be covering 3,300 miles across the entire country, so we divided cyclists into three regional teams of 12, which will each ride one-third of the country."

Within each team, there are four groups of three warriors with similar riding experience.

### **The Gear**

WWP provides state-of-the-art cycling equipment to injured service members at no cost, including adaptive hand cycles, trikes, and bicycles to accommodate various needs.

The cyclists came from a pool of riders across the U.S. who have participated in other WWP rides. They attended a training camp together and received support while training on their own.

Soldier Ride Across America riders have meters installed on their bikes. The metrics are tracked on an app called Strava, used by mainstream cyclists and runners.

### **The Gain**

"We work with each individual before the ride to prepare them for a good experience that both challenges them and helps them grow," said James Herrera, WWP [Physical Health and Wellness](#) director. "We have

seen many positive outcomes of Soldier Ride, including mental health improvement, better sleep, lower stress levels, and a reduction in medications. We work for months to prepare them to succeed both mentally and physically."

Read more: <https://newsroom.woundedwarriorproject.org/highlights?item=31022>

Get Soldier Ride Across America updates: <http://wwp.news/SRAA>.

### **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

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