

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

## Heather Lake to Host Wounded Warrior Project 5K to Support Veterans

SAN DIEGO, Oct. 3, 2018 /PRNewswire/ -- Morning TV reporter and blogger Heather Lake will host the start of [Carry Forward™](#), delivered by CSX®, a 5K fitness challenge by Wounded Warrior Project® (WWP) in San Diego on Saturday, Oct. 6.

Heather's blog, "That Girl On The Go" (<https://www.thatgirlonthego.com>), offers lifestyle and fitness tips, describes her journey as a mom, and suggests San Diego activities for local families and visitors.

"I've had a front-row seat to what makes San Diego a special place, and Carry Forward helps bring together my love for San Diego and its people, and its warm embrace of warriors and families who make our quality of life possible," Heather said.

She also draws from her own experience with fitness while training with the Triathlon Club of San Diego and US CrossFit. She has trained for Ironman distance triathlons and ran the Boston Marathon in 2014.

"I have a goal to run a marathon in every state, so I'm excited to combine my love of fitness with my passion for supporting military families," Heather said.

Heather has been a strong advocate for [military families](#) since her reporting in Jacksonville, North Carolina, where she worked closely with the military community at Camp Lejeune.

Hayley Orrantia, from ABC's "The Goldbergs" and a singer/songwriter, will sing the national anthem at the start of the 5K fitness challenge. Hayley recently wrapped up her "Strong, Sweet and Southern" tour, which gave fans a chance to hear Hayley's original songs, a departure from the 1980s-inspired tunes she performs on the TV show.

Carry Forward is a challenge for individuals or squads to test their limits with three options: flag, fitness, or fierce, depending on the weight they choose to carry. To register, visit <http://wwpcarryforward.org/sandiego>.

**When:** 7:30 am on Saturday, Oct. 6

**Where:** Liberty Station – 2640 Historic Decatur Road, San Diego

You can also participate remotely at <http://wwpcarryforward.org/virtual>.

To learn more about how WWP is transforming the way America's injured veterans are empowered, employed, and engaged in our communities, visit <https://www.woundedwarriorproject.org/give-back>.

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

<https://newsroom.woundedwarriorproject.org/2018-10-03-Heather-Lake-to-Host-Wounded-Warrior-Project-5K-to-Support-Veterans>