

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

Wounded Warrior Project Hosting 5K in Nashville to Support Veterans

NASHVILLE, Tenn., Oct. 11, 2018 /PRNewswire/ -- Wounded Warrior Project® (WWP) will bring its new 5K event to the music city. [Carry Forward™](#), delivered by CSX®, is more than just a walk or run – it's a challenge for individuals or teams to test their limits with three options: flag, fitness, or fierce. To register for the Nashville event, visit <http://wwpcarryforward.org/nashville>.

Flag - Participants carry a flag of any size. At least one member of your team is always holding a flag.

Fitness - Individuals or teams run or walk with a weight they trade off or continuously carry. The weight can range from one to 100 pounds, but it must not touch the ground.

Fierce - Teams carry one of their team members throughout the course. The person being carried cannot touch the ground.

"We're proud to bring Carry Forward to the city of Nashville and challenge the local community to go the distance for the warriors we serve," said [WWP CEO Lt. Gen. \(Ret.\) Mike Linnington](#). "Carry Forward won't just fuel our mission to honor and empower Wounded Warriors – it will put that mission into action. We're grateful for the support from the Nashville community, our local partners, and the volunteers who will make this event a huge success."

When: Oct. 13, 8:30 am

Where: Nissan Stadium – 1 Titans Way, Nashville, TN

Supporters nationwide will also have a chance to do their own Carry Forward event remotely on Nov. 10. If you want to participate remotely, register at <http://wwpcarryforward.org/virtual>.

Since 2003, WWP has been a tireless advocate for our nation's finest, improving the lives of over half a million warriors and their families. Yet, the need is great and growing for this generation of wounded warriors. According to a Harvard study, the costs of the wars in Iraq and Afghanistan, including veteran care, are estimated at \$4 trillion to \$6 trillion.

WWP has been serving those who sacrificed for 15 years. To learn more about how the veterans charity 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

For further information: Rob Louis, rlouis@woundedwarriorproject.org, 904.627.0432

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

<https://newsroom.woundedwarriorproject.org/2018-10-11-Wounded-Warrior-Project-Hosting-5K-in-Nashville-to-Support-Veterans>