

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

Wounded Warrior Project Supporting Veterans in 5K Fitness Challenge

JACKSONVILLE, Fla., Oct. 29, 2018 /PRNewswire/ -- On Saturday, Nov. 10, Wounded Warrior Project® (WWP) will host Carry Forward™, delivered by CSX®, at its headquarters in Jacksonville. This walking and running event pushes participants to test their limits with three unique challenges:

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.

"As we approach the last Carry Forward of the year in Jacksonville, I want to thank and congratulate all the participants, supporters, and volunteers who have made this possible," said WWP CEO Lt. Gen. (Ret.) Mike Linnington. "Carry Forward doesn't just fuel our mission to honor and empower Wounded Warriors – it puts it into action. These events connect fellow service members and people in the community with one another, forging strong bonds and relationships that support a life-changing healing process."

To register for the Jacksonville event, visit <http://wwpcarryforward.org/jacksonville>.

When: Nov. 10, 8:30 am

Where: WWP headquarters – 4899 Belfort Road, Suite 300, Jacksonville, FL

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

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

<https://newsroom.woundedwarriorproject.org/2018-10-29-Wounded-Warrior-Project-Supporting-Veterans-in-5K-Fitness-Challenge>