

Carry Forward Comeback: Wounded Warrior Project's 5K Returns In-Person



JACKSONVILLE, Fla. (Feb. 9, 2022) — It's good to be back in-person. Supporters cheering, thousands of feet striking the pavement, upbeat music, high fives, and fist bumps — that's the signature soundtrack of the Wounded Warrior Project® (WWP) Carry Forward® 5K, presented by USAA®, which returned to in-person events in 2021.

[Colleen Kuh](#) was pleased to return after the 2020 event was canceled due to the pandemic. She's been participating in Carry Forward Nashville since 2018. Every year, her team has grown — more than 30 supported her and her late husband and Army veteran Tony this year.

“I don't know everybody at the event, but I feel like I do,” Colleen said. “We all have a common bond.”

A week later, in San Antonio, warrior [Mercedes Rangel](#) was glad to be back. The Navy veteran participated in Carry Forward in 2019 while undergoing chemotherapy for non-Hodgkin's Burkitt's lymphoma. Two years later, she returned with her family, both immediate and in the community.

“The fact that I had my friends and family here and this family — the Wounded Warrior Project family — to support me as well ... it was great,” Mercedes said.

A couple of months later, even cold weather and rain couldn't keep [Carry Forward](#) from returning to Jacksonville, Florida. It meant a lot to warrior and Army veteran Dan Nevins, who spoke to the participants before they left the starting line.

“People still came out to show their support, to do the heavy lifting for those of us who knew what it was like

once upon a time to not be able to do that,” Dan said. “This is an inspiring event. To me, it shows the best of humanity.”

That support was on display across the country throughout 2021 as more than 11,000 participants surpassed fundraising goals through in-person and virtual Carry Forward events. All the money raised supports WWP’s free [programs and services](#).

“It was incredibly moving to see support not only return but grow and flourish for Carry Forward in 2021,” said WWP Vice President of Business Development Brea Kratzert Todd. “It’s evident this event has a profound impact in connecting the community with warriors and their families, and we can’t wait to see what 2022 has in store.”

Registration for virtual Carry Forward in 2022 is [now open](#). Information about in-person events will be announced later.

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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](#).

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