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Wounded Warriors to take the R2R Texas Challenge

SAN ANTONIO – More than 60 Wounded Warriors and Supporters including actor’s Adam Baldwin (Full Metal Jacket, NBC’s “Chuck”) and Kristy Swanson (Buffy the Vampire Slayer), and CNN Contributor Steve Hayes, will take part in the inaugural “Road 2 Recovery” Texas Challenge bicycle ride beginning Monday, March 30 at the Center for the Intrepid and finishing Saturday, April 4 at Ranger Ballpark in Arlington with a ceremonial first pitch in the game vs. the K.C. Royals. Other celebrities and elected officials will show their support during the 6-day, 330 mile ride.

On Friday, NFL Legend Roger Staubach donated a bike to one of the Wounded Warriors who is participating in the ride, during a visit to the Center for the Intrepid..

"Getting together in groups and the resulting social connection is the royal road to recovery for combat veterans with psychological injuries", Dr. Jonathan Shay (PTSD expert and VA psychiatrist).

"This trip is not so much about having fun as it is about transforming your new body with something you can work with the rest of your life, " - Capt. Ferris Butler

San Marcos will be the first of six towns where the cyclists will spend the evening. In each town, the American Legion Auxiliary will provide support including community fundraising dinners. During the event, more than 100 American Legion Riders will support the participants with a motorcycle escort. The USO will provide rest stops utilizing the USO traveling Canteen, which has been seen in Texas recently during Hurricane Ike cleanup. Thousands of Texans are expected to line the route through the many towns the event will visit including many school children.

The cyclists are “wounded warriors” – U.S. veterans who have received war injuries – who have turned to cycling to boost their physical and mental rehabilitation. The Road 2 Recovery organization assists wounded warriors with mental and physical rehabilitation through bicycling.

The mission of R2R is to improve the health and wellness of wounded warriors by providing a life changing experience that can impact their lives forever. “Road 2 Recovery” is an America Supports You Homefront Group, a Defense Department program connecting citizens and companies with service members and their families serving at home and abroad.

According to Road 2 Recovery founder John Wordin, the idea for the program originated a few year’s ago when he was invited to do a ride with veterans from the Palo Alto, Calif., Veterans Affairs facility who suffered from post-traumatic stress disorder. The facility had started a cycling program as a regular part of the patients’ mental rehabilitation, he said.

“Participating in cycling helps speed up their recovery process,” Wordin said.

The goal of the Texas Challenge is to donate a Spinning® Recovery Lab and/or an outdoor cycling program at BAMC/CFI to help injured veterans overcome obstacles they face. Cycling is an important part of the recovery and rehabilitation program for two reasons:

1. Cycling is an activity that almost all patients with mental and physical disabilities can participate.
2. Participation in the Road 2 Recovery Program helps speed up the recovery and rehabilitation process.

“There have been a lot of studies done on physical activity, and there are two things it does. One is it decreases depression. The second thing is that doing a physical activity helps develop your muscles.”

The ride map and other details may be viewed at the organizations’ website at <http://TheRoad2Recovery.org>

Supporters include American Legion Auxiliary, USO, Star Trac, VFW, Otis Spunkmeyer, Sunkist, Giant Bicycles, League of American Bicyclists, Operation Rebound, American Legion Riders, Step Up 4 Vets, California American Legion, Coca-Cola, Shimano, Hincapie Sports, Alternative Vehicles, Hansen's, Clif Bar, Rudy Project, DeFeet, Park Tool, Speedplay, Chamois Butt'r, CytoSport, 1-888-SCAN-VAN, and Bicycling Magazine. R2R is an America Supports You Homefront Group.



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