

## **FOR PRESS RELEASE:**

### **Ride 2 Recovery: "Improving Wounded Warriors' Rehabilitation and Recovery through Cycling"**

Ride 2 Recovery raises money to support spinning and outdoor cycling programs at military and VA medical facilities. The program is a partnership with the Fitness Challenge Foundation, helping injured veterans overcome physical obstacles.

Cycling is an important part of recovery and rehabilitation. The benefits of Ride 2 Recovery include weight loss, improved cardio fitness, recovery and rehabilitation, mental health and improved morale. Also, it gives participants a sense of normalcy, accomplishment, pride and camaraderie and provides relief from depression and other problems that often accompany recovery and rehabilitation.

The American Legion's National Executive Committee passed a resolution in May 2009 supporting Ride 2 Recovery's efforts. The American Legion and American Legion Auxiliary Departments of California, Texas and Virginia actively support Ride 2 Recovery's week-long cycling events through Legion Riders, donations, volunteers, use of post facilities and dinners.

Participating in the ride are hundreds of U.S. troops injured while serving in Operation Iraqi Freedom and Operation Enduring Freedom, along with celebrities, athletes and elected officials.

Ride 2 Recovery is a 501(c)3 organization that supports Spinning® Recovery Labs and outdoor cycling programs at military and VA medical facilities to help injured veterans overcome physical obstacles. Cycling is an important part of the recovery and rehabilitation program for two reasons: cycling is an activity in which almost all patients with mental and physical disabilities can participate, and participation in R2R helps speed up the recovery and rehabilitation process.

For the past three years the Ride 2 Recovery (R2R) has sponsored 100-200 veterans, some physically challenged, on a bike ride from San Francisco to Los Angeles. This particular leg of the R2R journey is called the Golden State Challenge. The 7-day ride begins this year in San Francisco on October 3 and ends at the Santa Monica Pier on October 10.

The Golden State Challenge this year is co-sponsored by The American Legion and American Legion Auxiliary and the Veterans of Foreign Wars, in collaboration with the District 28 American Legion family, which includes the Sons of The American Legion, and The American Legion Riders.

The R2R riders will arrive in Santa Cruz at approximately 3 PM on Sunday, October 3, 2010, where the Veterans of Foreign Wars (VFW) will host a barbecue for the riders and spectators, beginning at 6 PM that evening at the VFW Post 7263, 2259 7<sup>th</sup> Avenue, Santa Cruz. The riders will remain overnight in Santa Cruz, and ride on to the Carmel Mission Inn on Monday, October 4, also arriving there around 3 PM.

The Carmel American Legion Post and Auxiliary 512 will host a barbecue for the R2R riders on October 4, beginning at 6 PM at the Carmel Mission Inn, 3665 Rio Road, Carmel.

Both events are open to the public and the cost is \$10 per meal, however, phone reservations are required. To reserve seating for either of the barbecues call Dorothy Franceschi at 831-373-5805 or Ruby Kapsalis at 831-394-4514 by September 27, 2010.