CARRY FORWARD™ 5K

WOUNDED WARRIOR PROJECT

DELIVERED BY CSX®

They Carried Us.
We All Carry Forward.

FORM YOUR COMPANY'S SQUAD TODAY!

44

WARRIORS SIGN UP TO RECEIVE OUR HELP EVERY SINGLE DAY. WE NEED YOURS.

YOUR COMPANY AND EMPLOYEES HAVE SO MUCH TO OFFER THE WORLD.

You have incredibly talented employees who want to make a positive contribution to the lives of veterans in their community.

We all want to feel better about what we do and who we are.

A popular approach to engaging employees is challenge events, such as the **Carry Forward™ 5K fitness challenge**, which offers your like-minded employees a chance to band together as a squad — outside the office — for team fitness sport.

Here are just a few of the benefits you get from having a corporate squad participate in Carry Forward:

- **Thanking our nation's bravest by supporting employees who are veterans or have family members who are veterans (Hoorah!)**
- **Higher employee morale and employee retention**
- **Higher visibility and goodwill for your company in your community**
- **Flexibility for your employees to choose the challenge that best suits their fitness level**
- **Volunteer opportunities for your employees**
- **Leadership opportunities for your employees as Squad Leaders**
- **Make a real difference in the lives of wounded warriors and their families**

JOIN THE MOVEMENT

We're a movement. Come race day, your staff will feel a part of our squad. And this squad changes lives. Each step your team takes in training and fundraising will ensure injured veterans in our community receive the lifesaving services and programs desperately needed.

It's simple to organize and motivate your corporate squad. Here is everything you need to make Carry Forward a win-win for you and your employees.

CARRY FORWARD IS CURRENTLY SCHEDULED FOR THREE CITIES.

SAN DIEGO — SATURDAY OCTOBER 6 — CALIFORNIA

NASHVILLE — SATURDAY OCTOBER 13 — TENNESSEE

JACKSONVILLE — SATURDAY NOVEMBER 10 — FLORIDA

Unable to be with us in person?

Register for our virtual participation option. Stroll, walk, or jog a 5K this weekend, on Veterans Day, or on any other day that suits you. Rally your coworkers, friends, and family to join you in your fundraising and fitness efforts.

GET STARTED

1. **Form** your corporate squad and choose a Squad Leader. Put the word out and invite colleagues to experience this exciting day.
2. **Register** your squad at **WWPCarryForward.org**, select the participation option that's right for you — flag, fitness, or fierce — choose your event location, and set fundraising goals. Encourage your employees to join your squad and choose a participation option that's right for them individually.
3. **Fundraise.** The more funds raised, the greater the impact on wounded warriors. We will provide the tools and tips you need for your company squad's success through an easy-to-use portal. Squad Leaders will receive additional support and information to successfully rally your company!
4. **Carry Forward.** Make it a company-wide event and test the stamina and fundraising strength of your employees so those who served our country get the free, lifesaving programs they need.

"You are helping so many vets who are dealing with issues and are trying to give back to society. The support you are providing gives a veteran the chance to do just that."

— WOUNDED WARRIOR
ANTHONY VILLAREAL

REGISTER NOW! • WWPCarryForward.org

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