



Ride 2 Recovery Rides Through Texas

Texas is honored once again to host Ride 2 Recovery as it returns to our great state in April 2010. Ride 2 Recovery improves the Health and Wellness of our wounded warriors, and provides them with a Life Changing Experience. Ride 2 Recovery is produced by the Fitness Challenge Foundation, (501c3) in partnership with the Military and VA Volunteer Service Office, to benefit Mental and Physical Rehabilitation Programs that feature cycling as the core activity.

A number of celebrities, athletes and politicians will participate in the Texas Challenge. Ride 2 Recovery raises funds to support Spinning and outdoor cycling programs at Military and VA locations around the United States. Through fundraising and charity auctions, Ride 2 Recovery provides bikes, helmets, other technical equipment, as well as clinics and outings for our wounded veterans.

A Riders Story-

SOCOM rider Randy Nantz was riding for the first time since he had his leg amputated, after an EMP device ripped thru his Humvee in Iraq. Randy was burned very badly and lost his leg after a 19 month long struggle in Rehabilitation. Randy has taken longer to recover because of nerve damage and scarring from burns that covered both legs. Although he had been struggling for 19 months, you would not know it by the attitude and excitement he had at the start of the recent Florida Challenge. Finally, he felt like a normal person doing a normal activity. He had hope of trying out for the triathlon, but for now, completing the Florida Challenge was his goal. Randy was not sure he would be able to complete the first day, let alone the 6 days – a 350 mile ride. Well, Randy completed the ride and was with the front half of the ride. Randy's smile was from ear to ear as he pulled into the parking lot of the hotel, with his family and volunteers cheering for him. It was simply priceless.

Ride 2 Recovery is scheduled to pass through Texas, April 6-11, 2010, starting at the Center for the Intrepid at Brooke Army Medical Center in San Antonio, and finishing in Arlington at the Rangers vs. Mariners' baseball game on April 11, 2010.



Ride 2 Recovery Schedule

- Day 1 - Tuesday, April 6, 2010 - San Antonio (BAMC) to San Marcos
- Day 2 - Wednesday, April 7, 2010 - San Marcos to Austin
- Day 3 - Thursday, April 8, 2010 - Austin to Killeen (Ft. Hood)
- Day 4 - Friday, April 9, 2010 - Killeen (Ft. Hood) to Waco
- Day 5 - Saturday, April 10, 2010 - Waco to Cleburne
- Day 6 - Sunday, April 11, 2010 - Cleburne to Arlington

How Can You HELP- Glad You Asked

Be a volunteer, hold fundraisers, line the streets as the Riders pass by and most importantly, be a financial supporter and make a donation to Ride 2 Recovery. Mail your donations by April 6, if possible, to Department headquarters, earmarked Ride 2 Recovery, or attend one of the banquets held by the American Legion Family and present a check to them in person.

To learn more about this organization, visit www.Ride2Recovery.com. Meanwhile, find yourself a place along the path when our wounded warriors ride through Texas.

Diana King and Mary Waddell, Texas Ride 2 Recovery Co-Chairmen

