

PRESS RELEASE

For Immediate Release

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185 For Heroes to donate proceeds from a solo, seven day, 185-mile endurance run to help wounded service members through the Wounded Warrior Project

185 For Heroes announced today plans to donate proceeds from a solo, seven day, 185-mile endurance run to assist service members who have been injured in the line of duty. All proceeds raised from the *185 For Heroes* Event will be donated to the nonprofit organization Wounded Warrior Project, and will support a full range of programs and services for severely injured service members and their families.

To date, over 34,000 members of our nation's armed forces have been physically wounded in Iraq and Afghanistan. Studies estimate that more than 300,000 will suffer from the effects of post-traumatic stress disorder and traumatic brain injury. These injuries are often devastating, leaving a formerly active young man or woman unable to care for themselves. While grateful for their return, the round-the-clock care required to treat these wounded warriors often falls on their families, giving caregivers no choice but to leave their jobs and forego healthcare of their own.

WWP provides programs and services to assist injured veterans and their families during their recovery, rehabilitation and transition. Whether through caregiver retreats, combat stress programs, career and education services, or adaptive sporting opportunities, Wounded Warrior Project's vision is to help make this generation of wounded warriors the most successful and well-adjusted in our nation's history.

The purpose of this event is to raise awareness and funds for the Wounded Warrior Project AND as a tribute for those brave men and women who selflessly put their lives on the line. Our fearless team, Clayton Anderson and sister Ashley Anderson, both active duty U.S. Navy Sailors, will be running the entire length of the Chesapeake and Ohio (C&O) Trail from start to finish, which totals 185 miles. The C&O Trail begins in Cumberland Maryland and finishes in Washington, DC. This insane distance will be covered in the course of seven days. The two will essentially be running a marathon distance (26.2 miles) everyday for seven days. They will be followed by a small bicycle support crew that will carry essential supplies and will also assist in setting up camp each night along the trail. More information can be found at the event's website, www.185forheroes.org.

Clayton and Ashley are currently in the middle of a rigorous training program, running hundreds of miles each month. If all goes according to plan, the run will begin in Cumberland Maryland on September 5th, 2010 and will finish in Washington D.C. on September 11th, 2010. Even though they will be doing this run solo on the trail, a Nike+ Running Challenge will be created for other teams to join online in attempt to log the 185 miles collectively, utilizing the Nike + Active iPod Sensor. "On behalf of the injured service members, we want to thank *185 For Heroes* for their dedication to our nation's heroes. Their commitment is helping ensure the

tremendous personal sacrifices service men and women make for our country are not forgotten,” said Wounded Warrior Project Executive Director Steven Nardizzi.

About Wounded Warrior Project

The mission of the Wounded Warrior Project is to honor and empower wounded warriors. Its purpose is to raise awareness and to enlist the public’s aid for the needs of severely injured service members, to help severely injured men and women aid and assist each other, and to provide unique, direct programs and services to meet their needs. WWP is a national, apolitical organization headquartered in Jacksonville, FL. To get involved and learn more, visit www.woundedwarriorproject.org.