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Contact: Peter Bylsma
Project Hero
310-795-8532

2017 PROJECT HERO HONOR RIDE ROLLS INTO SACRAMENTO

Hundreds of Riders Will Raise Funds for America's Healing Heroes on May 13

SACRAMENTO, CA -- Riding to honor and support Veterans and First Responders and bring attention to the national mental health crisis created by PTSD and TBI, more than 500 cyclists will participate in the Project Hero Sacramento Honor Ride on May 13.

The Project Hero Sacramento Honor Ride is an inspiring, popular annual cycling event that will start and finish at the **Placer County Association of Realtors located at 270 Technology Way, Rocklin, CA 95765**, offering cyclists of all levels the opportunity to ride alongside America's Healing Heroes while raising funds to help Veterans and First Responders suffering from PTSD.

The event will be highlighted by the popular, family-friendly annual Sacramento Honor Ride Packet Pickup Festival on May 12 from 4–8 pm featuring live music and entertainment, delicious food and refreshments, prize giveaways and a grand prize raffle.

The Project Hero Sacramento Honor Ride website including schedules, registration and volunteer information is www.projecthero.org.

Free to injured Veterans and open to the public, the Sacramento Honor Ride is a self-paced, non-competitive bike ride highlighted by a colorful patriotic peloton of hand cycles, recumbent cycles, custom tandems and traditional road bikes riding on bike-friendly routes of different distances and difficulties to accommodate all levels of cyclists.

More than 90 percent of Honor Ride funds raised go directly to community programs that help Veterans and First Responders achieve hope, recovery and resilience including adaptive bikes specifically built to allow injured Healing Heroes to participate.

"There is nothing like the Sacramento Honor Ride because it brings together hundreds of cyclists from the community and the region riding alongside those who serve us," said

Dave Uhte, organizer of the Sacramento Honor Ride. “It’s a truly inspiring event for participants and spectators.”

[Project Hero](#) is a groundbreaking national non-profit organization dedicated to helping Veterans and First Responders affected by PTSD, TBI and injury achieve rehabilitation, recovery and resilience in their daily lives and changing the way America deals with what has become a mental health epidemic among those who have served our communities and our nation.

“Project Hero Honor Rides give cyclists at all levels the chance to ride on gorgeous and safe cycling routes with and honor Veterans and First Responders, establish life-long relationships and achieve personal goals,” said John Wordin, president and founder of Project Hero. “Our Honor Rides are a great way for communities to support those suffering from injury and the visible and invisible wounds of PTSD.”

Project Hero Honor Rides are among the most popular and well-known single-day events in American cycling. The 2017 Honor Rides will be held in cities throughout the US including Chicago, Las Vegas, Miami, Columbus, San Diego, Sacramento, Tampa, Philadelphia, Minneapolis, Cincinnati, Washington D.C., Houston, Nashville and Madison.

Founded in 2008 as Ride 2 Recovery, Project Hero has built more than 200 adaptive bikes for injured Veteran riders, donated more than 2,500 bikes to Veteran riders and logged more than 30,000 miles in 30 states and 6 countries to raise money in support of America’s Healing Heroes.

In addition to Ride 2 Recovery cycling events, Project Hero oversees community centers and grassroots programs in Sacramento and more than 50 cities throughout the US and works in partnership on PTSD research programs with Georgetown University Hospital.

Local sponsors for the 2017 Honor Ride Sacramento include Finance of America, RaboBank, Century 21 Select and Stanford Mortgage.

ABOUT PROJECT HERO

Founded in 2008, Project Hero is a groundbreaking national non-profit organization dedicated to helping Veterans and First Responders affected by PTSD, TBI and injury achieve rehabilitation, recovery and resilience in their daily lives and increasing awareness to combat the national mental health emergency posed by PTSD and TBI. Project Hero programs work by producing positive outcomes at lower costs and reducing drug-based therapies. The organization builds and provides adaptive bikes to Veterans and First Responders and has helped tens of thousands of Healing Heroes at no cost to participants through cycling events, community-based programs throughout the US and by supporting research. For information, visit www.projecthero.org.

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