



Armed Forces Retirement Home
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March 9, 2016

FOR IMMEDIATE RELEASE:

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**ARMED FORCES RETIREMENT HOME-GULFPORT
Ride 2 Recovery Rides through the Armed Forces Retirement Home**

Gulfport, Miss– (March 10, 2016). Ride 2 Recovery is produced by the Fitness Challenge, a (501C3) in partnership with the Military and VA Volunteer Service Office to benefit mental and physical rehabilitation programs for our country's wounded veterans and healing heroes that features cycling as the core activity.

Held in partnership with the Fitness Challenge Foundation, R2R raises money to support cycling programs at military and VA locations around the U.S. to help healing heroes overcome obstacles they face.

Cycling is important part of the recovery process because it's an activity that everyone can do, no matter the disability and cycling helps speed up the recovery process.

The Honor Rides Series raises awareness and is the funding arm for Ride 2 Recovery and gives the public the opportunity to ride with healing heroes and enlisted military on a non-competitive, fun ride. Close to 20 Honor Rides will take place throughout the year, with varying distances from 10 to 100 miles. All funds raised through the Honor Ride Series support Project Hero programs throughout the US. This year they will re-visit the Gulf Coast and reflect on the immense coastal recovery and progress that has taken place in the decade since Hurricane Katrina ravaged the Atlantic region. Beginning in Atlanta, the Gulf Coast Challenge will take you through Fort Benning and west through Alabama and Mississippi to finish in New Orleans, Louisiana.

On March 10th they will be traveling from Mobile, Alabama and stopping at the Armed Forces Retirement Home in Gulfport around 2:00.

Mission of R2R

To improve the health and wellness of healing heroes worldwide by providing a life changing experience that can impact their lives forever.

R2R supports Spinning® Recovery Labs and outdoor cycling programs at Military and VA locations around the U.S. to help injured veterans overcome obstacles they face. Cycling is an important part of the recovery and rehabilitation program for two reasons:

1. Cycling is an activity that almost all patients with mental and physical disabilities can participate.

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2. Participation in the Ride 2 Recovery Program helps speed up the recovery and rehabilitation process.

A) Ride 2 Recovery provides program events and site locations

B) R2R designs and builds specially adapted bikes to suit injured veterans needs making it possible for almost any warrior to participate in the program, including quad amputees.

- **1400** – Ride to Recovery will come through the gates of AFRH-G

WHO: Local Media

WHAT: Ride 2 Recovery

WHEN: Thursday, March 10th at 1400

WHERE: AFRH-Gulfport

HOW: Media planning to attend should contact Becki Zschiedrich at 228-897-4429.

MORE ON AFRH-GULFPORT

The new Home is located on 47 acres of prime waterfront land on the Mississippi Sound. It features a multi-tower complex with full amenities such as dining, social, recreational, and therapeutic activities, plus a swimming pool, hobby shops, a wellness center with basic dental and eye care, a bank, a barber and beauty shop, bowling center, movie theater, a computer room, library, and a pedestrian bridge to the beach. Formerly called the “US Naval Home”, this facility merged with the “Soldiers’ Home” in Washington in 1991 – and both were renamed AFRH. Prior to 1976, the Naval Home was located in Philadelphia, PA and from 1833-1899 it was called the “Naval Asylum”. To learn more about AFRH-Gulfport contact Becki L. Zschiedrich, Public Affairs, at 228-897-4429 or becki.zschiedrich@afrh.gov.

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