



**Carry The Load started as a grassroots effort** by two Veteran U.S. Navy SEALs who felt like the nation had forgotten the meaning of Memorial Day.

**A decade later, Carry The Load has turned into a worldwide movement** to honor our nation's heroes and make Memorial Day matter again.

### Who Are You Carrying?

- 2011:** Carry The Load began with a **Dallas Memorial March** for 20-hours and 11-minutes on Memorial Day
- 2012:** Started the **National Relay** with an **East Coast Route** from West Point, NY to Dallas, TX covering 2,000 miles and 13 states in 27 days
- 2016:** Added a **West Coast Route** from Seattle, WA to Dallas, TX for a total 6,600 miles
- 2017:** Established 50 **City Rallies** for a presence in 19 states
- 2018:** Walked through 6 **National Cemeteries** in partnership with the U.S. Department of Veterans Affairs' National Cemetery Administration
- 2019:** Added a **Midwest Route** from Minneapolis, MN to Dallas, TX for a total 11,500 miles, 40 states, 60 City Rallies and 26 National Cemeteries
- 2020:** Added a **Mountain States Route** from Minot, ND to Dallas, TX before pivoting to an all-virtual Memorial May and Dallas Memorial Drive
- 2021:** Carry The Load celebrates **A Decade of Honor** in 50 states and more than 29 countries



Join the movement at [www.carrytheload.org](http://www.carrytheload.org)  
#CarryTheLoad