



WHO ARE YOU CARRYING?

CARRY THE LOAD is a non-profit organization that provides active ways to connect Americans to the sacrifices made by our military, veterans, first responders and their families. It started as a grassroots effort by two Veteran U.S. Navy SEALs to restore the true meaning of Memorial Day. More than a decade later, Carry The Load has turned into a year-round, nationwide movement to honor and remember the service and sacrifice of our nation's heroes.

Carry The Load inspires people of all ages to participate in person or virtually by walking, cycling or cheering on the National Relay; attending a Rally; hosting a [Carry It Anywhere](#) event; organizing a youth [Carry The Flag](#) activity and fundraising for our nation's heroes.

2022 MEMORIAL MAY FACTS

- **32 days** (April 28-May 30, 2022), dedicating each day in memory of a fallen hero
- Supporters in **50 states** and **29 countries**
- **70+ Rallies**, including **51 National Cemeteries** in partnership with the National Cemetery Administration, a Department of U.S. Veterans Affairs
- **20,000-mile National Relay** with five routes that cover 48 states. The public can join by walking, cycling or cheering on the relay team before it culminates in Dallas, TX.
 - 4,400-mile **Red Route** from Seattle, WA
 - 4,200-mile **White Route** from West Point, NY
 - 3,700-mile **Blue Route** from Burlington, VT
 - 3,800-mile **Stars Route** from Minneapolis, MN
 - 3,900-mile **Stripes Route** from Minot, ND
- **Dallas Memorial March** on Memorial Day Weekend, May 29-30

FUNDRAISING GOAL

Goal to raise \$1.25 million through peer-to-peer fundraising in May 2021

- \$30 million raised since 2011
- 93% goes to its three programs: Awareness, Continuum of Care and Education

RESOURCES

Website www.carrytheload.org

Newsroom for press releases, press coverage, PSAs, photos, videos and more

<http://news.carrytheload.org/>

Social Media

- YouTube: <https://www.youtube.com/whoareyoucarrying>
- Facebook: <https://www.facebook.com/carrytheload>
- Twitter: <https://twitter.com/carrytheload>
- Instagram: <https://www.instagram.com/carrytheload/>
- LinkedIn: <https://www.linkedin.com/company/carry-the-load/>

Join the movement at www.carrytheload.org

#CarryTheLoad