



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 its [Memorial May](#) awareness campaign. They can join in person or virtually by walking, cycling or cheering on the [National Relay](#); attend a Rally; host a [Carry It Anywhere](#) event; organize a youth [Carry The Flag](#) activity and start a team to fundraise for our nation's heroes.

2022 MEMORIAL MAY FACTS

- 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 in 32 days (April 28-May 29). The public can join by walking, cycling or cheering on the relay team before it culminates in Dallas, dedicating each day in memory of a fallen hero.
 - 4,400-mile **West Coast** Route from Seattle, WA
 - 4,200-mile **East Coast** Route from West Point, NY
 - 3,700-mile **New England** Route from Burlington, VT
 - 3,800-mile **Midwest** Route from Minneapolis, MN
 - 3,900-mile **Mountain States** Route from Minot, ND
- **Dallas Memorial March** on Memorial Day Weekend, May 29-30.

FUNDRAISING GOAL

Goal to raise \$2 million through peer-to-peer fundraising in May 2022

- \$32.9 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