COL Barb Springer (U.S. Army Ret), PT, PhD, OCS, SCS
National Director Project HERO

www.Ride2Recovery.com
Bottom Line

• Healing Heroes need to be fully rehabilitated
• Almost everyone can cycle
• Cycling treats the whole person: physically, psychologically, socially, spiritually
• Healing Heroes can be brought to a higher level of function by utilizing cycling as part of their rehabilitation/medical plan
• R2R supports Spinning® and outdoor cycling programs at military and VA locations around the U.S. to help injured Service members and Veterans overcome obstacles. 700 bikes from DoD and R2R
• R2R provides programmed events, such as Honor Rides, and site locations with support for Challenge Rides
• R2R designs and builds specially adapted bikes
• That makes it possible for almost anyone to participate, including those with PTSD, TBI, quad amputations, paraplegia, blindness, etc
Ride 2 Recovery Program

• Is a 501C3 (Fitness Challenge Foundation)
• Board of Trustees

• Ride 2 Recovery:
  – Program Events (Challenge Rides: 25)
  – Branded Events
    • Honor Rides
    • Spinning Nation
  – Project HERO
• **Project HERO Mission**: Make a difference in the lives of Healing Heroes by providing a rehabilitation experience that can impact their lives forever

• Project HERO staff:
  – Partner with local facility staff to create a personalized and progressive program to promote fuller recovery
  – Provide expertise, equipment, training, events and support at military hospitals, Warrior Transition Units, and Marine Wounded Warriors sites. Currently: 38 sites
  – Supports Spinning®
  – Design and build specially adapted bikes to suit individual needs
Cycling is an important part of the recovery and rehabilitation program for many reasons, to include:

– Cycling is an activity in which almost all patients with physical and psychological disabilities can participate in.
– Participation in the R2R Program helps speed up the recovery and rehabilitation process.

*The “Chuck Wagon”*
Train the Trainer Cycling Camp

- 39 Participants from military units with bikes
- Cycling techniques, training, safety, bike mechanics, adaptations, bike fit, bike building, rider classification and support, Project HERO program development, nutrition
Bike Adaptations

Special post and Criterium 85 prosthetic hand

Crank Shortener for leg length differences
All controls are on the left
The “Xcaliber” for a Quadriplegic
** BETHESDA CYCLING RIDE SCHEDULE **

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** New Riders should schedule an appointment with Ray to go over bike set-up and safety. He is typically here Tuesday-Friday 9am-6pm **

Ray can be contacted by cell 1-301-788-5193 or email r2rhero@aol.com.

** Please arrive 15 minutes early**

** Be on time….if you miss the group you will not ride.**

** Remember Military ID, drinks, eyewear, gloves and sunscreen.**

** Pre ride checks prior to every ride **

Thank You!