



## 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.

- Carry The Load 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.
- Visit [www.carrytheload.org](http://www.carrytheload.org) to learn more.

### TIMELINE

**2011:** Carry The Load began with a **Dallas Memorial March** for 20-hours and 11-minutes with 400 participants and raising nearly \$50,000 on Memorial Day

**2012:** Started the **National Relay** with a **East Coast Route** from West Point, NY to Dallas, TX covering 2,000 miles and 13 states

**2016:** Added a **West Coast Route** from Seattle, WA to Dallas, TX for a total 6,600 miles and 18 states

**2017:** Expanded to 50 **City Rallies** for a total presence in 19 states; started **Carry The Flag**, a Carry The Load Education Program

**2018:** Walked through 6 **National Cemeteries** in strategic collaboration with the VA National Cemetery Administration; expanded Memorial May footprint to 26 states

**2019:** Added a **Midwest Route** from Minneapolis, MN to Dallas, TX for a total 11,500 miles, 40 states and 60 Rallies, including 26 National Cemeteries

**2020:** Added a **Mountain States Route** from Minot, ND to Dallas, TX before pivoting Memorial May to 70+ Virtual Rallies and Dallas Memorial Drive

**2021:** Celebrated **A Decade of Honor**, by raising \$2 million in peer-to-peer fundraising, hosting the National Relay and Rallies in 44 states, including 43 National Cemeteries, and the Dallas Memorial March

**2022:** Added a **New England Route** from Burlington, VT to Dallas, TX, covering a total 20,000 miles across 48 states in 32 days

#### 2022 National Relay Routes

- 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

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