



WHO ARE YOU CARRYING?

CARRY THE LOAD provides active ways to honor and remember our nation's heroes by connecting Americans to the sacrifices made by our military, veterans, first responders, and their families. It started in 2011 as a grassroots effort by two Veteran U.S. Navy SEALs to restore the true meaning of Memorial Day. Today, Carry The Load has grown into a nationwide movement with people volunteering to honor and remember our nation's heroes.

TIMELINE

2011: Carry The Load began with a **Dallas Memorial March** at White Rock Lake in Dallas 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, 1 Community Event and 13 states

2016: Added a **West Coast Route** from Seattle, WA to Dallas, TX for a total 6,600 miles, 33 Community Events and 18 states

2017: Introduced the **Carry The Flag** Education Program

2018: Started a strategic collaboration with the **VA National Cemetery Administration**; hosted walks at National Cemeteries for a total 67 Community Events and 26 states

2019: Added a **Midwest Route** from Minneapolis, MN to Dallas, TX for a total 11,500 miles, 81 Community Events and 40 states

2020: Added a **Mountain States Route** from Minot, ND to Dallas, TX before pivoting Memorial May to 15,500 virtual miles culminating with the Dallas Memorial Drive

2021: Celebrated **A Decade of Honor**, raised \$2 million in peer-to-peer fundraising, covered 15,500 miles, 76 Community Events and 42 states

2022: Added a **New England Route** from Burlington, VT to Dallas, TX, for a total 20,000 miles, 96 Community Events and 48 states

2024 National Relay

- 4,200-mile **East Coast** Route from West Point, NY starting April 29
- 3,700-mile **New England** Route from Burlington, VT starting May 1
- 4,400-mile **West Coast** Route from Seattle, WA starting May 2
- 3,900-mile **Midwest** Route from Minneapolis, MN starting May 5
- 3,500-mile **Mountain States** Route from Fargo, ND starting May 15

Join the movement at www.carrytheload.org
#CarryTheLoad