2017 – Active Heroes’ Accomplishments

- National Peer Mentors
  - 86 newly trained peer mentors for 2017 Certified through Active Heroes partnership with QPR Institute.
  - 187 Active Peer Mentors total across America
  - 13 recorded Lives of veterans saved via Peer Mentor
- Active Heroes Community Center
  - 157 Acupuncture treatments for veterans, service members and military family members
  - 152 Massage sessions for veterans, service members and military family members
  - 7 Jin Shin Jyutsu treatments for veterans, service members and family members
  - 3 veterans/military family members have participated in a dog training course
  - 6 dog group trainings using facility (35 participants)
  - 8 military couples attend the annual Valentine’s Dinner
  - Yoga class – 4 veterans/military family members participated
  - 10 Veterans enrolled in music therapy and have completed 7 classes
  - Over 90 attendees for the June 24th Military Family Cookout
  - 21 children attended the Louisville Zoo Wildlife event
  - 10 Children attended the August 19th Back to school Bash
  - 2 Meetings by Ohio Valley Native American Veterans (16 participants total)
  - 2 meetings by Female Veterans Group (24 participants total)
  - 4 couples for paint party for military families
  - Back to School Bash for military children (28 participants)
  - Job Offers listed for 30 businesses connecting military families
  - 15 connecting resources listed for military families
  - Outdoor Family Movie Night (15 participants)
  - Active Heroes Yard Sale (veterans and civilian supporters)
  - Spooktacular Halloween Party (12 participants)
  - Thrivent Family Day At Community Center (9 participants)
  - 6 Meetings for Community center committee
• **Active Heroes Retreat Center**
  - 434 veterans and 202 military family members visited the retreat center
  - 48 military families camped at retreat
  - Over 300 civilians visited the retreat as part of projects
  - 2 Homeless veterans were given sanctuary at the retreat until they were helped
  - Construction on 1200 square Foot Cabin Finished
  - Construction on 4000 square foot Welcome Center finished
  - Construction on 6000 square foot Main event Pavilion 80% completed in 2017
  - 15 Military Families had free vacation cabin rentals for a total of 61 days
  - Moved 5 new animals into enclosures
  - Over 1.5 miles of Road and parking lot construction completed by IRR National Guard and Reserve Units
  - Outdoor Amphitheater Construction completed
  - Hiking trail construction 75% completed
  - New walking bridge built by Nucor Corporation
  - Land was excessively shaped during 2017 construction
  - Fields opened up for future development to include fishing pond and new animal enclosures

• **Active Challenges**
  166 lives saved from all Active Challenge Programs recorded by Team Leaders and Gym Owner
  - **Carry The Fallen Ruck Marches**
    - 27 Events
    - 2513 Participants
    - Miles hiked by participants: 1,201,733
    - Average weight carried during ruck marches: 25 lbs
    - Total calories burned: 116,568,101
    - 42 Team Leaders trained in suicide prevention certification
    - 42 Carry The Fallen Social events
    - 4 Social events at end of ruck marches
- Annual Carry The Fallen convention held for Team Leaders with suicide prevention training, event training and visitation of centers
- Special events:
  - 75 Mile Ruck from Fort Hood to Austin, Texas
  - 130 mile ruck march from Fort Campbell to Fort Knox

- WOD To End Veteran Suicide
  - 12 gyms participating in annual WOD To End Veteran Suicide
  - 420 Participants
  - Average 22 Minutes per 20 Repetition workout per participant
  - Total Calories burned: 109,620
  - Social Events held by Gyms Throughout the year: 24
  - 12 Gym Owners trained in Suicide Prevention
  - Annual WOD To End Veteran Suicide convention held for Team Leaders with suicide prevention training, event training and visitation of centers

- Pound Challenge – Weight Lifting Competition
  - Active Heroes hosted Wellness Festival at Waterfront park with business partners serving veterans in the community
  - Annual Telethon with WAVE3 News Reaching military families across Kentuckiana
  - 5 gyms participated in the Pound Challenge
  - Over 23 million pounds lifted
  - 760 participants in the Pound Challenge including online
  - 20 Hours of weightlifting
  - Total Calories burned: 364,590,005

- Aiming For Zero
  - 8 events
  - Over 800 participants
  - Special event:
• SIG Sauer Academy event for Active Heroes (300 participants)
  • LMPD Top Gun Shooting Match

• Stand At Attention Competition
  • 4 events
  • 20 veteran standers
  • Audience of 12,000 reached

• Zumbathon for Active Heroes
  • 5 Events
  • 150 military family member participants
  • Over 200 civilian participants
  • Total calories burned: 24,589

• Active Heroes 5k Events
  • 4 events
  • 501 participants
  • 1553 miles completed by participants
  • Total Calories burned: 133,217
  • Special Events:
    • 4th Fest 5k for Active Heroes
    • Active Heroes Run, Walk & Emergency/Military Obstacle Challenge

• Gaming For Heroes
  • 24 Hour Dungeons and Dragons Marathon (12 participants)
  • 4 veteran gamer Radio shows completed
  • 7 live stream events

• Ambassador Athletes
  • 15 Athletes participated in 150 Races in 2017 (5ks, Mini marathons, marathons, Obstacle Course Races and Ironman events)
  • Total miles ran: 1987
  • Total Calories burned: 152,999
• Viral Awareness Campaign – 22 Pushups using #ActiveHeroes
  • Over 30 Million push ups completed in 2017
  • Total Calories burned: 1,020,000

• Special events:
  • Urban Bourbon Half Marathon
  • Patriot Challenge at Smokin’ in the Hills (5k race)

• Golf Events
  • Enduring Mission Golf Tournament (72 Participants veterans, military families and supporters)
  • Annual Fat Man Golf Tournament (over 40 participants)
  • Gordon Foods Employee Golf Tournament (Over 50 participants)
  • Summit Media Golf Tournament (Over 34 participants)

• Motorcycle & Car Events
  • 2 Wheels 2 Survive Bike Run across America
  • UAW Ford – 2 day rally and concert (Over 60 participants and attendees)
  • Local 502 Auto Show (Over 300 attendees)

• Music Events
  • Rally for our Heroes with Trace Adkins (Over 1300 attendees)
  • The American Hitmen: Music event Live (over 100 attendees)

• Other social events
  • Four Pegs Gives Back Night – Louisville KY
  • The Gillespie Annual Bridal Show – Louisville, KY
  • Louisville Veterans Day Parade (18 participants)
  • Veterans’ Day Tour of West Sixth Brewing – Lexington, KY
  • Bourbon Tasting & Tours at Jeptha Creed
  • Four Pegs Gives Back Night
  • Eangky State Conference
  • The Gillespie Annual Bridal Show
• ANTI Valentine’s Day Party 100 participants
• The Southern Ideal Home Show
• Hardin County Honda event for veterans
• Selena’s at Willow Lake Tavern
• Firenza Pizza event for veterans
• 3rd Annual Party for Patriots
• 22 Salute for Active Heroes at LCO Casino
• Spring Phever
• P.J. Whelihan’s Pub + Restaurant event for Active Heroes
• Active Heroes at the Brown County Heroes Tribute
• Point Blank Range & GunShop Grand Opening
• Active Heroes Night at Hickory Tavern – Carrboro, NC
• Boots & Bonfires – St Charles, IA
• North Star Pro Rodeo
• Red, White and Chive
• Corn Hole Luau with Modified Dolls
• Manuel’s Mexican Restaurant event for Active Heroes
• Military Sunday Salute – KY State Fair with over 10,000 attendees
• Getting Our Veterans Help Music Event – Milford, MI
• Freedom Cup Wrestling Match – Green Bay, WI
• Community Spirits by Wander North Distillery, LLC
• Gordmans – Black Friday Celebration for Active Heroes
• Annual bake Sale in Acworth, Georgia

• Community Outreach
  • $70,000 in Scholarships to Sullivan University for 2 veterans. 1 Full ride associate degree and 50% bachelors degree
  • Job and Resource Fair with over 40 businesses and causes for veterans (125 veteran attendees)
  • Provided information for legal services for veterans
  • 3 home Repairs Georgia, Alabama, Louisiana
  • 2 roof repairs in Georgia
  • Crown The Day Pop-Up Wedding for Military Families (8 participants)
  • 40 tickets provided to Veterans for U of L basketball game
  • 2 Tickets for veterans to a Brantley Gilbert concert
  • Referred 15 dogs donated to veteran service organizations
• Referred 76 families to financial assistance organizations
• 15 new Businesses recruited for national resources online map system to connect struggling veterans
• 12 tickets for Churchill downs spring meet donated to military families
• 2 tickets to St Louis Cardinals Baseball game
• 25 tickets to Nutcracker Ballet
• two tickets to the Eagles concert
• 2 Tickets to the Kentucky Derby at Churchill Downs
• 2 Ticket Giveaways for Trace Adkins concert
• 100 tickets given to veterans for Active Heroes day at Louisville Slugger Field for Louisville Football Club match
• 12 Tickets for the Churchill Downs Spring meet on 5/29 and 6/24
• Academy Sports + Outdoors $1000 giveaway to 2 military families
• Donations to homeless veterans:
  • Hat-Adult #4
  • Coat-Womens #1
  • Gloves-Adult #4
  • Coat-Mens #1
  • Twin Blanket 60×90 Polar Fleece #3
  • Hand Warmer 4-Ct Pack #4
  • Tampax Tampons 40CT #1
  • Womens Hipster 3-Pack Size L #1
  • Mens Crew Socks 6-Pack (size 9-11) #5

• Volunteers:
  • Community Center
    • 534 veterans and civilians volunteered for community center projects
    • 2196 total volunteer hours completed at community center
  • Retreat center
    • 25 volunteer projects, over 800 volunteers
    • Over 48000 volunteer hours accomplished
  • National Events
    • Over 6000 volunteers hosting events
• Over 360,000 volunteer hours

• Peer Mentors
  • 187 Volunteers
  • Over 2800 volunteer hours