

2018 – Active Heroes’ Accomplishments

- **National Peer Mentors**
 - 20 newly trained peer mentors for 2018 Certified through Active Heroes partnership with QPR Institute.
 - 211 Active Peer Mentors total across America
 - 18 recorded Lives of veterans saved via Peer Mentor
- **Active Heroes Community Center**
 - Moved community center from old location to new location inside of Louisville Athletic Club in Jeffersontown. This expanded from 1700 square feet to over 50,000 square feet.
 - Ribbon Cutting Ceremony hosted with over 100 in attendance
 - Developed discount gym membership for military families.
 - Zumba Event hosted with national Zumba instructors for over 50 participants including military families.
 - 5 family events hosted for military families that included workouts, food and speakers.
 - Child Care was provided to over 50 military families during year
 - Over 300 informational guides were taken from Resources wall
 - New improvements being made on lounge room for military families
- **Active Heroes Retreat Center**
 - 434 veterans and 202 military family members visited the retreat center
 - 82 military families stayed in cabins at retreat each for 5 days and 5 nights
 - Over 600 civilians visited the retreat as part of projects
 - AMvetes Camping experience hosted for 25 veterans
 - First ever music event hosted at retreat
 - 2 Homeless veterans were given sanctuary at the retreat until they were connected to charity partners.
 - Construction on 4000 square foot Welcome Center finished
 - Construction on 6000 square foot Main event Pavilion 80% completed in 2018
 - Dog Park Completed by Air Force
 - Charlie Long Cabin completed
 - New Pergolas and fire pits added to cabin area
 - 10 foot tall wooden American Flag 50% completed
 - Outdoor Amphitheater Construction completed complete with pergolas and fire pits
 - Hiking trail construction 75% completed
 - Petting zoo is 20% complete
 - Road construction improvements completed throughout retreat
 - Added games, archery items and books to welcome center
 - Prepared the retreat for hours of operation opening
- **Active Challenges**

Over 60 lives saved from all Active Challenge Programs recorded by Team Leaders and Gym Owner

- Carry The Fallen Ruck Marches
 - 12 Events
 - 1138 Participants
 - Miles hiked by participants: 10,242
 - Average weight carried during ruck marches: 25 lbs
 - Total Calories burned: 125,880
 - 42 Team Leaders trained in suicide prevention certification
 - 10 Carry The Fallen Social events

- 4 Social events at end of ruck marches
- 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: 8
 - 5 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
 - Hosted Wellness Festival at Louisville Athletic Club 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 20 million pounds lifted
 - 530 participants in the Pound Challenge including online
 - 20 Hours of weightlifting
 - Total Calories burned: 95,005
- Aiming For Zero
 - 4 events
 - Over 700 participants
 - Special event:
 - SIG Sauer Academy event for Active Heroes (300 participants)
- Stand At Attention Competition
 - 2 events
 - 8 veteran standers
 - Audience of 12,000 reached
- Zumbathon for Active Heroes
 - 7 Events
 - 150 military family member participants
 - Over 200 civilian participants
 - Total calories burned: 24,589
- Active Heroes 5k Events
 - 3 events
 - 388 participants
 - 1206 miles completed by participants
 - Total Calories burned: 120,600
 - Special Events:
 - 4th Fest 5k for Active Heroes
- Ambassador Athletes
 - 28 Athletes participated in 100 Races in 2018 (5ks, Mini marathons, marathons, Obstacle Course Races and Ironman events)
 - Total miles ran: 1560
 - Total Calories burned: 156,000
 - Viral Awareness Campaign – 22 Pushups using #ActiveHeroes
 - Over 42 Million push ups completed since first launched in 2011
 - Over 12 Million Pushups for 2018
 - Total Calories burned: 4,800,000

- Golf Events
 - Annual Fat Boy Golf Tournament (over 40 participants)

- Motorcycle & Car Events
 - UAW Ford – 2 day rally and concert (Over 60 participants and attendees)
 - Ford Fest Car show (over 35 participants and 150 attendees)
 - CVMA 12-2 Veterans Charity Run - Monroe, OH (over 100 participants and 200 attendees)

Other social events, fitness events, fundraisers and community gatherings.

- Urban Bourbon Half Marathon
 - Open Your Heart for Bullitt County Fundraiser and Auction
 - Jeffersontown Farmers Market Day for Active Heroes
 - Stay in the Fight Murph Workout Fundraiser with Joshua Simpson Fitness
 - Louisville Veterans Day Parade (15 participants)
 - Active Heroes Day at Gander! by Gander, An American Grill
 - 3rd Turn Gardens Tour and Tasting for a Cause
 - Gaslight Festival
 - Glaser's Collision Center 8th Annual Ladies Night
 - Phi Psi's Bubble Soccer with Kappa Delta
 - Louisville Football Club Day for Active Heroes
 - Virtual 2.2 Challenge for Active Heroes
 - Veterans Day IPA Release by Gordon Biersch
 - International Giving Tuesday
 - Military Sunday Salute – KY State Fair with over 10,000 attendees
 - Beer History with Kevin Gibson
 - Fitness Marathon For Active Heroes by Crunch Fitness
 - WhiskerMania 3
 - CrossFit Louisville Max Out for Active Heroes
 - Free Pop up Wedding or Vow Renewal for Military Family
 - Easter Egg hunt at Louisville Athletic Club
-
- **Community Outreach**
 - \$70,000 in Scholarships to Sullivan University for 1 veteran and 1 military family member (Daughter). 1 Full ride associate degree and 50% bachelors degree
 - Provided information for legal services for veterans
 - 3 home Repairs Georgia, Alabama, Louisiana
 - 1 roof repairs in Georgia
 - Referred 5 veterans to counseling services
 - Referred 12 veterans for dog service organizations
 - 1 service Dog transported from Wyoming to Kentucky with help from Active Heroes
 - Referred 25 military families to financial assistance organizations
 - 4 new Businesses recruited for national resources online map system to connect struggling veterans
 - 50 tickets for military families to 12 Strong movie presented by Warner Bros
 - 20 Tickets to Smart Money Convention with Dave Ramsey
 - 20% Off Discount for military families Academy sports & Outdoors Partnership
 - Additional 10% off Discount for military families Academy sports & Outdoors
 - 25 Tickets to Bluegrass Worked Series Baseball Game
 - 40 free Tickets to give away to Military Families for the Kentucky State Fair.
 - 20 Tickets for the University of Louisville Football Team vs Western Kentucky University
 - Free massages for 20 veterans with Local massage volunteers
 - 1 Free car (2013 Mazda 3) donated to military family

- Over 40 Free Dental Appointments with Aspen Dental Partnership
- 40 tickets provided to Veterans for U of L basketball game
- Partnered with UPS to give away 5 free playhouses for military children

- 2018 Volunteer Hours:
 - Community Center
 - Over 65 veterans and civilians volunteered for community center projects
 - Over 450 volunteer hours
 - Retreat center
 - Over 1100 volunteers (some repeat often)
 - Over 9000 volunteer hours
 - National Events
 - Over 250 volunteers hosting events
 - Over 6500 volunteer hours
 - Peer Mentors
 - 220 Volunteers
 - Over 5500 volunteer hours
 - HQ
 - 35 Volunteers (some repeat often)
 - Over 2800 volunteer hours