



WHO ARE YOU CARRYING?

Questions & Answers

ABOUT

Q: What is Carry The Load?

A: Carry The Load is a nonprofit organization dedicated to providing an active way to honor and celebrate our nation's heroes by connecting Americans to the sacrifices made by Military, Law Enforcement, Firefighters and First Responders.

Q: What are Carry The Load's Memorial May events?

A: Carry The Load's National Relay, Dallas Memorial March and City Rallies provide an active way for Americans to honor and celebrate those who sacrifice for Americans daily. The 31-day, 6,200-mile National Relay consists of an East Coast route and a West Coast route that culminate in a Memorial March in Dallas over Memorial Day weekend. There are also several City Rallies that honor hometown heroes during Memorial May.

Q: How are you involved?

A: I am participating as a part of Carry The Load's [PROGRAM] in [CITY] (if with Relay).

Q: Why did you decide to get involved?

A: Carry The Load provides an active way for me to honor and celebrate the sacrifices made by our nation's heroes.

Q: Who are you carrying?

A: [PERSONAL CONNECTION]

Q: How can others get involved?

A: You can get involved by participating, volunteering or donating. More information is available at www.CarryTheLoad.org. People can also share their story by using the hashtag #CarryTheLoad on Twitter, Facebook and Instagram.

Q: How did Carry The Load begin?

A: Carry The Load was co-founded by Clint Bruce and Stephen Holley in 2011. It all started when Bruce, a former Navy SEAL and war veteran, was sitting at a barbecue on Memorial Day. As he thought about the friends he lost in combat, he couldn't help but notice that the people around him had a very different view of what Memorial Day meant. To honor his

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friends, he strapped on his pack and began walking while thinking of the people who had sacrificed for him and for others. An understanding older veteran stopped him and asked, "Son, who are you carrying?" What started as a mission to restore the true meaning of Memorial Day has broadened to include more than just our military heroes and more than just one holiday. Carry The Load works to bring all Americans together to participate in honoring our nation's heroes every day.

Q: Why do you think this is important?

A: Carry The Load's events remind us that there are men and women putting their lives at risk daily in order to keep our nation safe. The Relay brings people together all across the country to honor those who make these daily sacrifices for our freedom. Carry The Load also raises funds for nonprofits benefiting America's military, first responders and their families, including 22 Kill, Adaptive Training Foundation, Assist the Officer Foundation, Equest, F.A.R.M., Higher Ground, National Fallen Firefighters Foundation, Travis Manion Foundation, and several others.

Q: How many people are participating this year?

A: We estimate that more than 75,000 Americans have participated and helped raise more than \$13.7 million since 2011. Based on the number of National Relay teams, local events and sponsors signed up to date, Carry The Load is expecting to continue to increase its number of participants year over year. For example, in Dallas on Memorial Day Weekend, we expect well over 10,000 people will attend at Reverchon Park.

HOW TO GET INVOLVED

Q: How can I support Carry The load?

A: You can support Carry The Load by participating, volunteering or donating. Visit www.CarryTheLoad.org to learn more and find an event near you.

Q: How do I participate?

A: You can participate by visiting Carry The Load's [event page](#) to find an event near you and join our mission of honoring the sacrifices of our nation's heroes. Visit www.CarryTheLoad.org to learn more.

Q: How do I volunteer?

A: We have several volunteer opportunities available leading up to and after Memorial Day. You can visit Carry The Load's [volunteer page](#) at www.CarryTheLoad.org to sign up.

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Q: How do I donate?

A: Many people donate to a loved one who has joined a team, a specific Carry The Load event or the general donation fund. Visit www.CarryTheLoad.org to donate.

Q: Can I mail my donation?

A: Yes, you can mail your donation. Download the donation form and mailing instructions at www.CarryTheLoad.org.

Q: How do I register for Carry The Load?

A: Go to www.CarryTheLoad.org. Visit the Memorial May Events page and click on the Fundraise to Support Memorial May Programs button. From there, you can start a team, join a team or simply register as an individual.

Q: How much is the registration fee?

A: There is no registration fee to participate in the Carry The Load Relay. However, we encourage you to sign up and build a fundraising page online. Participants who raise \$200 or more through their individual fundraising page will receive an official Load Carrier t-shirt.

Q: Can my child get a shirt?

A: If you register your child as a participant, you can purchase a participant shirt for \$25. These are different than the Load Carrier shirts that you earn through raising \$200 or more.

Q: How old do I have to be to participate?

A: Those wishing to participate or volunteer who are under 18 years of age may register online. Minors will be asked (via email) to have a parent or guardian sign the event waiver, and they must be accompanied by an adult who is also a registered participant or volunteer for the duration of the Carry The Load event.

Q: Do I have to donate?

A: We encourage you to make a donation to the cause and to have friends support you through your individual fundraising campaign.