

DVEN Announces Locations of Sprint Cycling Competition Designed to Help Prevent Veteran Suicide

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Disabled Veteran Empowerment Network (DVEN), an organization based in Manhattan Beach, CA, has announced the locations for the 2020 #StressBuster Sprint Bicycling Championship. This sprint bicycling competition has the goal of counteracting the increased stress levels brought about the COVID-19 social restrictions all over the United States that has put a stop to almost all organized sports. Those interested in joining the competition can easily sign up here: https://www.signupgenius.com/go/805084daba829abfc1-thesprint1.

This cycling competition will run from 1 August to 31 December, 2020 and it has been patterned on the grand tour bicycling competitions that are held in Europe. The top male and female cyclists in each USA Cycling age group will be awarded with a customized ?Sprint Champion? jersey. The 2020 cycling competition will include seven courses. These are Hobe Sound, Florida; Leesburg, Virginia; Los Angeles; Tenafly, New Jersey; Sausalito, California; and Barge Walk, England.

Robert Hess, DVEN?s founder, says, ?This program is designed to help people deal with COVID-19 stress and raise awareness of veterans dealing with PTSD. I?m a combat veteran, myself, so I understand how the social isolation we currently are dealing with can exacerbate those emotions. Exercise is a great stress reliever and our Sprint Challenge offers a great reason to get out and ride.?

Posttraumatic stress disorder (PTSD) is a serious mental condition that some people may suffer from as a result of a terrifying, dangerous, shocking event. These events are known as traumas, and people often struggle with anxiety, fear, and sadness after such an event. Veterans usually experience PTSD at twice the rate of the civilian population because of their military experiences. This widespread veteran PTSD experience has been observed to result in a high rate of military suicide, with 22 service members taking their own lives every day.

Those who are interested in the cycling competition will find that participating is easy. Competitors can register online and then log their rides using the Strava.com platform. They can see how well they are doing compared to other riders in their age group. They also can join the Vets Riding for Vets Strava.com club at https://www.strava.com/clubs/693054.

Vets Riding for Vets (VRFV) is an international organization of veteran cyclists who have the goal of achieving fitness, increasing awareness about veteran causes, and helping to prevent suicide among veterans. Members have made the commitment to support their countries and to protect democracy and freedom, while taking care of their fellow veterans and those in the military service.

Meanwhile, DVEN serves as a central information hub for disabled veteran support programs. They have established the primary goal of making a meaningful difference in the lives of the disabled veteran community in the United States by making available information and resources to enhance their safety and independence and to allow them to enjoy the best possible quality of life.

DVEN has various veteran programs and services. These programs are for homeless veterans, minority veterans, women veterans, mental health, PTSD, and adaptive sports and special events. The DVEN Sprint Competition is one such program and it is focused on helping to prevent veterans from committing suicide, which is usually a result of veterans suffering from PTSD. When people join the competition, they are able to make meaningful contribution in helping save the lives of disabled veterans.

Those who are interested can register to compete in one or more of the six Strava Sprint Segments. People can compete in as many segments as they would like. People are also encouraged to compete until December 31, 2020 in order to earn their best time on Strava. A special Sprint jersey will be mailed to the top male and female participants for each age group in Strava.com. They will also be sending out special Lanterne Rouge awards to those participants who demonstrate the #NeverGiveUp spirit.

People who would like to know more about DVEN may want to visit their website at www.DVEN.org, or contact them through the telephone, or via email.

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DVEN

DVEN (Disabled Veteran Empowerment Network) is a program of the Cancer Journeys Foundation. The DVEN program was created in 2018, to support the thousands of veterans dealing with service-related cancers and PTSD.

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