



# SWEAT FOR A VET

2010



“ ...one of the most rewarding events I've ever been a part of! ”

**Funds Raised:** Over **\$70,000** through **669** total donations

**Participants:** Over **200** people live at host site

**Viewers:** Almost **1000** online, in over **10** countries



**SWEAT for a VET 2010** -- the first-of-its-kind inclusive fitness fundraising event, benefiting wounded warriors, was held on Saturday November 13, 2010 at the Tysons Sport & Health club in McLean VA. Funds went to help disabled Veterans at the Walter Reed Army Hospital and Bethesda National Naval Medical Center through the purchase of equipment.

Challenged athletes and disabled Veterans participated and led the indoor cycling, Kranking® and rowing “ride” alongside able-bodied individuals with special guest Johnny G, creator of Spinning® and the new Krankcycle by Matrix. In addition to the main event site, all 23 other Sport & Health locations plus other clubs nationally and internationally participated with **local SWEAT-a-thons** through live video link. Live video streaming of the event was available to everyone, and almost 1000 people logged on to view the site before, during and after the 3-hour event, hosted by nonprofit Project VisAbility with Sport&Health.



### Media Coverage:



### 2010 top sponsors:



### Hosted by:



**PARTICIPATE  
SWEAT  
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HELP  
A VET  
SPONSOR  
CONTRIBUTE  
INSPIRE  
SUPPORT  
2011 THANKS**

**DONATE  
FOR**

# SWEAT FOR A VET

**2011**



**SWEAT for a VET 2011** will continue building on the goals and success of last year's inclusive fitness fundraising event to benefit wounded warriors. We need your help to make this 2<sup>nd</sup> annual event a success, and to purchase equipment across a much larger area and for a broader range of VA hospitals, military recreational programs and other facilities serving and supporting disabled veterans -- providing them with resources to continue their physical training as well as expand their vocational options.

## SWEAT for a VET 2011

**DATE:** Saturday November 12, 2011

**TIME:** 9:30AM – 12:30PM EST

**PLACE:** Tysons Sport&Health

*plus clubs across the nation and around the world!... Lets add more flags!*



## Here's how you can help...

1. Ask your local health clubs or gyms to participate, or contact us and we'll do it!
2. Sponsor a challenged athlete who wants to participate.
3. Support someone who is participating with a contribution for their fundraising.
4. Make a general donation to the event or become a sponsor.
5. Volunteer your time before, during or after the event.
6. Spread the word! Tell everyone you know... e-mail, post on Facebook, and Tweet them!



### Make a Donation

Help us raise money for our disabled veterans. Make a general donation or support someone who is participating.

### Become a Sponsor

\$500 Contributor  
 \$1000 ★ **BRONZE** ★  
 \$2500 ★ **SILVER** ★  
 \$3500 ★ **GOLD** ★  
 \$5000 ★ **PLATINUM** ★  
 \$10,000 ★ **DIAMOND** ★

### Join Us

Be a part of this inspiring event. Join us to participate or volunteer, or both!

**SOLD**

Please help support Sweat for a Vet. Any contribution amount will help and is appreciated!