

**Introducing:**

**Jan Hancock**

**American Trails Board of Directors**

**Phoenix, Arizona**

**Closing General Session Luncheon**

**International Trails Symposium - May 20, 2015**

**Portland, Oregon**



# Trails Helping Heroes



Hiking  
Mountain Biking  
Horseback Riding

**Our Trails are Healing  
our Military Veterans**

An estimated 500,000 Iraq and Afghanistan  
military veterans are experiencing  
**Post-Traumatic Stress Disorder (PTSD)**  
from their war experiences...



**22**  
**Military**  
**Veterans**  
**commit**  
**suicide**  
**EVERY**  
**DAY**





**YOUR TRAILS** can mean the difference between saving and losing some of our nation's most cherished assets....

**Our Military Veterans.**



# **YOUR TRAILS**

**can provide places for life-saving  
outdoor therapeutic programs  
helping heal our military veterans**



**YOUR TRAILS**  
can become a  
**“SOLUTION FOR SUCCESS”**

**HIKE**



**RIDE**



**BIKE**







# **TRAIL HIKING HELPING HEROES**

**Introducing:**



**Sirena Dufault  
Gateway Communities Liaison  
Arizona Trail Association**

**Leader 2015 Warrior Hike®  
Arizona National Scenic Trail  
Tucson, Arizona**



**Appalachian Trail 2013 Warrior Hike®**  
**“Walking Off the War”**  
**Reaching the 2,180-mile Finish Line!**



# Sirena Dufault





# **MOUNTAIN BIKING HELPING HEROES**

**Introducing:**



**Brian W. Scholl  
Ride 2 Recovery  
Project HERO  
Western Region  
Program Manager  
  
Oakdale, California**

# **100-mile Ride 2 Recovery Project HERO Mountain Bike Ride**





**Reaching the Finish Line!**



**Brian Scholl**





# **HORSES AND TRAILS HELPING HEROES**

**Introducing:**



**Debbi Fisher**

**PATH Int'l Equine Services for  
Heroes Committee**

**Military widow**

**Founder of the largest veterans  
horse therapy program in U.S.**

**Bend, Oregon**





# **HORSES AND TRAILS HELPING HEROES**

**Introducing:**



**Aaron Heliker  
Former U.S. Air Force  
Staff Sergeant**

**Multiple Deployments to  
Iraq and Afghanistan**

**Portland, Oregon**

**A special bond formed between former Staff Sergeant Heliker ...and a horse named Fred....**



**Debbi Fisher works with war veterans from  
all branches of the U.S. military....**







# Debbi and Aaron riding trails during his therapy program



# Debbi Fisher and Aaron Heliker





**Just a few of the many national trails organizations and programs helping heal our military veterans....**

- **Appalachian Trail Conservancy**
- **Arizona Trail Association**
- **Continental Divide Trail Coalition**
- **Leadville Trail Mountain Bike Ride**
- **Pacific Crest Trail Association**
- **PATH International**
- **Ride 2 Recovery**
- **Wounded Warrior<sup>®</sup> Program**



**American Trails invites **YOU** to become part of these and other programs that are helping heal military veterans!**

**And please thank all of the nonprofit  
trails programs across America providing  
their donated services to help heal  
our nation's military veterans!**



