





EXECUTIVE DIRECTOR: Sean Gobin is a United States Marine Corps veteran who served 12 years as an Infantry Rifleman and Armor Officer. After returning home from deployments to Iraq and Afghanistan, Sean hiked the Appalachian Trail. In 2013, Sean founded Warrior Expeditions and now serves as the Executive Director.

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DIRECTOR OF ADMINISTRATION: Angela Miller is a United States Navy veteran who served 20 years as a Line Officer and Judge Advocate General Officer. After volunteering with Warrior Expeditions in various capacities since 2014, Angela now serves as the Director of Administration.

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DIRECTOR OF DEVELOPMENT: Michelle Revoir is a United States Air Force veteran who served 11 years as a Videographer and Aerial Combat Broadcaster. After returning home from deployments to Iraq and Afghanistan, Michelle hiked the Appalachian Trail, the Mountains to Sea Trail, and paddled the Mississippi River with Warrior Expeditions. In 2015, Michelle began volunteering with Warrior Expeditions and now serves as the Director of Development.

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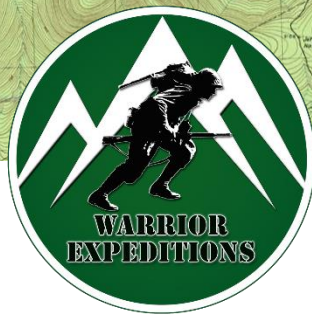
DIRECTOR OF OPERATIONS EAST: Natalie Koffarnus is a United States Army veteran who served 15 years as a CBRN Specialist and Environmental Science Officer. After returning home from deployments to Iraq, Natalie hiked the Ice Age Trail with Warrior Expeditions. In 2015, Natalie began volunteering with Warrior Expeditions and now serves as the Director of Operations East.

Email: nkoffarnus@warriorhike.org



DIRECTOR OF OPERATIONS WEST: Sarah Zeller is a former Senior Project Geologist with The Moultrie Group in Brisbane, Australia. After volunteering with Warrior Expeditions in various capacities since 2014, Sarah now serves as the Director of Operations West.

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MISSION: Warrior Expeditions is a veteran nonprofit outdoor therapy program that helps veterans transition from their wartime experiences through long distance outdoor expeditions.

BACKGROUND: Historically, military units would experience a lengthy journey home after fighting a campaign abroad. During this journey home, warriors would process and come to terms with their wartime experiences. In today's age of modern transportation, military personnel can find themselves home within a few days of serving in a combat zone.

Since 2001, over 2.5 million veterans have returned home from the wars in Iraq and Afghanistan, but many of them have never transitioned from their experiences. The Department of Veteran Affairs estimates that over 20% of Iraq and Afghanistan veterans suffer from Post-Traumatic Stress Disorder.

In 2012, after returning home from three combat deployments to Iraq and Afghanistan, Marine Corps veteran Sean Gobin hiked all 2,185 miles of the Appalachian Trail. Recognizing the therapeutic effects of long distance hiking, Sean founded Warrior Expeditions.

NATIONAL TRAILS: In 2013, Warrior Expeditions launched the first Warrior Hike program and supported veterans that thru-hiked the **Appalachian Trail**. In 2014, after receiving a tremendous amount of Warrior Hike applications, Warrior Expeditions added the **Continental Divide Trail** and **Pacific Crest Trail** to the Warrior Hike program.

STATE TRAILS: From 2015 to 2016, Warrior Expeditions added five state trails to the Warrior Hike program. State trails are shorter in duration, easier to hike, and allow veterans to connect with their local communities. The Warrior Hike program state trails include the **Arizona Trail**, **Florida Trail**, **Ice Age Trail**, **Buckeye Trail**, and **Mountains to Sea Trail**.

ADAPTIVE TRAILS: To accommodate veterans with injuries that may prevent them from hiking long distances, Warrior Expeditions developed two adaptive programs. Warrior Bike is a cross country bicycling program that traverses the **Trans America Trail** and Warrior Paddle is an paddling program that traverses the entire length of the **Mississippi River**.

Soldiers marching from the battlefield during WWI.

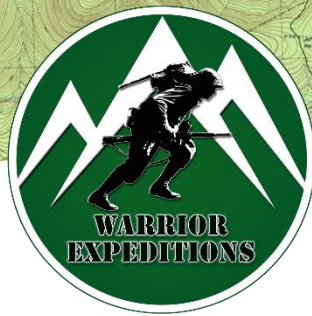


Sean Gobin deployed to Afghanistan with the United States Marine Corps in 2011.



Sean Gobin hiking the Appalachian Trail in 2012 after returning home from war.





PROGRAMS: Warrior Expeditions offers 3 programs (Warrior Hike, Warrior Bike, Warrior Paddle) comprised of 10 long distance trails that vary in duration from 3 to 6 months to complete.

WARRIOR HIKE

- The **Appalachian Trail** is 2,185 miles long and crosses 14 states from Georgia to Maine.
- The **Continental Divide Trail** is 3,100 miles long and crosses 5 states from New Mexico to Montana.
- The **Pacific Crest Trail** is 2,650 miles long and crosses 3 states from California to Washington.
- The **Arizona Trail** is 800 miles long and crosses the state of Arizona.
- The **Buckeye Trail** is 1,400 miles long and circles the state of Ohio.
- The **Florida Trail** is 1,200 miles long and crosses the state of Florida.
- The **Ice Age Trail** is 1,200 miles long and crosses the state of Wisconsin.
- The **Mountains to Sea Trail** is 1,200 miles long and crosses the state of North Carolina.

WARRIOR BIKE

- The **Trans America Trail** is 4,229 miles long and crosses 10 states from Oregon to Virginia.

WARRIOR PADDLE

- The **Mississippi River** is 2,320 miles long and crosses 10 states from Minnesota to Louisiana.

SUPPORT: Warrior Expeditions provides veterans with everything they need to complete a long distance outdoor expedition at no cost to the veteran.

EQUIPMENT & CLOTHING: First, Warrior Expeditions outfits veterans with some of the most highly rated equipment and clothing available from the outdoor retail industry.

RESUPPLY ITEMS: Next, Warrior Expeditions provides veterans with a monthly \$300 stipend to purchase resupply items during their journey.

COMMUNITY SUPPORT: Last, Warrior Expeditions coordinates community support in the forms of transportation, lodging, and food from community supporters located along the routes.

2018 Warrior Hike veteran Jason Batson hiking along the 2,185-mile-long Appalachian Trail.



2018 Warrior Bike veteran Brythnie Tobar biking along the 4,229-mile-long Trans America Trail.



2018 Warrior Paddle veteran Ryan Webb paddling along the 2,320-mile-long Mississippi River.





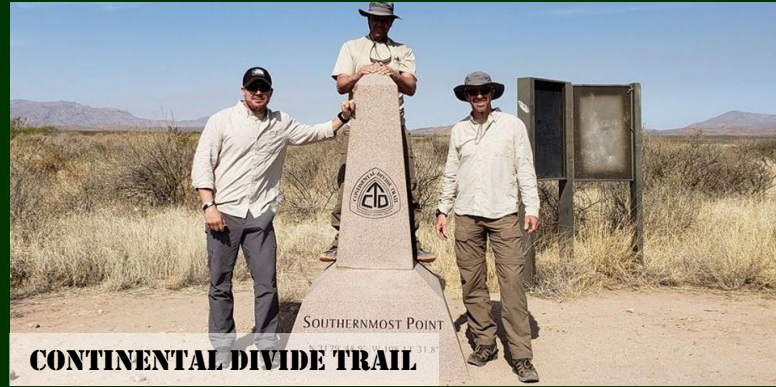
APPALACHIAN TRAIL



ARIZONA TRAIL



BUCKEYE TRAIL



CONTINENTAL DIVIDE TRAIL



ICE AGE TRAIL



MOUNTAINS TO SEA TRAIL



PACIFIC CREST TRAIL



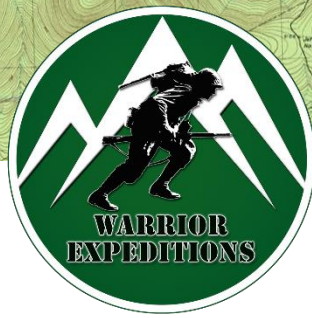
POTOMAC HERITAGE TRAIL



TRANS AMERICA TRAIL



MISSISSIPPI RIVER



IMPACT: Since 2013, Warrior Expeditions veterans have reported significant improvements in their physical, mental, and social well-being during and after their journeys.

OUTDOOR THERAPY: During their 3-6 month outdoor expedition, veterans have the opportunity to decompress from their military service and come to terms with their wartime experiences.

VETERAN CAMARADERIE: Veterans participating in Warrior Expeditions programs experience their journey with the camaraderie of other veterans who understand the challenges of transitioning from military service to civilian life.

SOCIAL REINTEGRATION: Interaction with community supporters during their journey facilitates a veteran's reintegration into society, restores their faith in humanity, and builds a network of life-long friendships and relationships.

RESEARCH: Since 2013, psychologists Dr. Shauna Joye (Air Force veteran) and Dr. Zachary Dietrich (Marine Corps veteran) have partnered with Warrior Expeditions to research and publish the effects of long term wilderness experiences on combat veterans.

SURVEYS: Before and after their journeys, Warrior Expeditions veterans complete surveys comprised of five measures that assess post-traumatic stress, depression, anxiety, emotional expression, and psychiatric symptoms. This data has shown significant positive qualitative changes in veterans that have participated in Warrior Expeditions programs.

MESSAGES: Once per week, Warrior Expeditions veterans receive strategies based on the Cognitive Behavioral Therapy framework to help normalize post combat reactions and to help reintegrate back into society. Cognitive Behavioral Therapy is a problem-focused and action-oriented approach that helps recognize and alter dysfunctional or maladaptive emotions, thoughts, and behaviors.

PSYCHOEDUCATION: Dr. Shauna Joye is a licensed clinical psychologist and offers psychoeducational services to Warrior Expeditions veterans at any time during their journey.

Warrior Expeditions veterans experience the therapeutic effects of nature during their long distance outdoor expeditions.



Warrior Expeditions veterans experience the camaraderie of fellow veterans during their journey.



Warrior Expeditions veterans reintegrate into society as they connect with community supporters along the way.





Tony Posuniak - 2018 Appalachian Trail Warrior Hike veteran: "Hiking the Appalachian Trail was the most enlightening, meaningful, peaceful experience ever. I am more peaceful and present now."



Mike Buckley - 2018 Arizona Trail Warrior Hike veteran: "It's as if your past is cleansed by the journey, followed by the chrysalis of a new life awakening. This trail was and is an inspiration to my soul."



Jessica Brewington - 2018 Ice Age Trail Warrior Hike veteran: "Being on this trail, you meet people, and they really do give you the most random kindness. You know, it really puts that faith back into humanity that I had lost for a little while."



Ryan Webb - 2018 Mississippi River Warrior Paddle veteran: "Physically, I feel better than I have felt in years, even though my back is sore, my shoulders are tired, my arms are sore, my elbow kind of hurts. But, ah man, I feel good, I feel great."



Jonathan Grant - 2018 Pacific Crest Trail Warrior Hike veteran: "I realized that I was getting some of the best sleep in my life. I found myself sleeping soundly from sunset to sunrise and waking up rejuvenated."

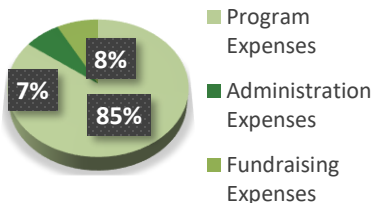


William Searle - 2018 Pacific Crest Trail Warrior Hike veteran: "It's refreshing to see the altruism of others with no one expecting anything in return. This selflessness is restoring my faith in people."



FINANCES: In 2018 Warrior Expeditions provided \$392,235 worth of support to 45 veterans that participated in our 10 Warrior Hike, Warrior Bike, and Warrior Paddle programs which included supporting 14 former Warrior Expeditions veterans during our second annual Reunion Hike.

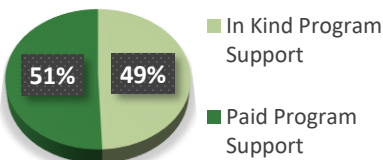
Expense Percentages



Program Expenses: In 2018, Warrior Expeditions ensured that 85% of every dollar donated was used to directly support the veterans enrolled in our programs. We reduce overhead expenses wherever possible to maximize the amount of funds used to directly support our veterans.

Overhead Expenses: Warrior Expeditions takes great pride in maintaining the lowest overhead percentage possible at 15% which is comprised of 7% in administration expenses and 8% in fundraising expenses.

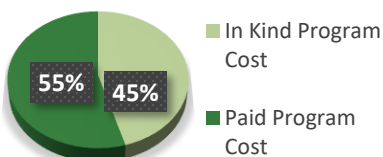
Program Support



In Kind Program Support (\$164,807): In kind program support includes all the outdoor equipment, clothing and supplies donated by our 48 sponsors and the transportation, lodging, food donated by our 321 community supporters.

Paid Program Support (\$169,360): Paid program support includes all the outdoor equipment, clothing, supplies, transportation, lodging, and food required to support our veterans that was purchased with cash donations by Warrior Expeditions.

Cost Per Veteran



Total Cost (\$8,716): Warrior Expeditions provides approximately \$8,716 of total support per veteran per expedition.

In Kind Cost (\$3,958): Warrior Expeditions provides approximately \$3,958 of in kind support per veteran per expedition.

Paid Cost (\$4,758): Warrior Expeditions provides approximately \$4,758 of paid support per veteran per expedition.

DONORS: Warrior Expeditions offers three ways donors can support our veterans:

CASH DONATIONS: Cash donations to offset the paid cost to support individual veterans.

CORPORATE SPONSORS: In kind outdoor equipment, clothing, and supplies to outfit our veterans.

COMMUNITY SUPPORT: In kind transportation, lodging, and food support from community supporters located along our expedition routes.