



## FOR IMMEDIATE RELEASE

### Disabled Coast Guard Veteran to Cycle 2,100+ Miles from Key West to Kittery in “Wheels of Grit” Fundraiser

*LCDR Jodie Knox, USCG (Ret.) will pedal through 15 states to raise \$30,000 for Wounded Warrior Project and Achilles International.*

**WASHINGTON, D.C. – March 25, 2026:** Retired U.S. Coast Guard Lieutenant Commander Jodie Knox will embark on a solo, 2,100+ mile cycling odyssey from Mile Marker 0 in Key West, Florida, to Kittery, Maine, beginning April 9, 2026. Dubbed "Wheels of Grit - Key West to Kittery," the 42-day journey aims to raise \$30,000 for two premier veteran organizations: **Wounded Warrior Project® (WWP)** and **Achilles International**.

The route spans the entire Eastern Seaboard, traversing 15 states and the District of Columbia. A core component of Knox's mission is to stop at American Legion and VFW posts along the way, highlighting these organizations as vital lifelines for veteran connection.

**A Mission Born from Personal:** As a disabled veteran, Knox turned to cycling after an accident altered her physical capabilities. On two wheels, she rediscovered the strength and purpose she feared was lost.

"Cycling gave me back the feeling that I am still capable, still strong, and can go as far as I want," said Knox. "This ride isn't just about miles; it's about proving to anyone who feels stuck that you don't have to jump from 'I can't' to 'I can.' You just have to get to 'I can try.' That shift is where grit lives."

**Connecting the Veteran Community:** Knox's journey is deeply personal; her father is a VFW Post Commander, and she is an active member of both the American Legion and the VFW.

"The connection I find at local posts is something I want every veteran to experience," Knox said. "These posts aren't relics; they are cornerstones where veterans find each other. I want to encourage veterans and civilians alike to engage with their local posts, and maybe even share a beer with a shipmate."

## **About the Beneficiaries**

**Wounded Warrior Project (WWP):** Dedicated to the total well-being of post-9/11 veterans, WWP provides life-changing programs in mental health, career counseling, and long-term rehabilitative care at no cost to warriors or their families.

**Achilles International:** A global nonprofit that empowers veterans and civilians with disabilities to participate in mainstream athletics. Their Achilles Freedom Team specifically supports wounded, ill, or injured members of the military (and civilians) through adaptive cycling and endurance sports.

**Current Sponsors** Wheels of Grit is proudly supported by Compliance & Investigative Solutions, LLC (disabled veteran-owned), Just the Sip (disabled veteran-owned), and Molly Maids (veteran-owned franchise). Additional sponsorship opportunities are currently available.

### **How to Support Wheels of Grit:**

**Donate:** Support the mission directly through the [Wounded Warrior Project](#) and [Achilles International](#) fundraising portals.

**Follow the Journey:** Real-time updates and route tracking are available at [www.wheelsofgrit.com](http://www.wheelsofgrit.com) and on Instagram [@wheelsofgrit](#).

**Host a Stop:** VFW and American Legion posts interested in hosting LCDR Knox during her transit are encouraged to reach out via email.

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