



From: HOPE FOR THE WARRIORS™

Contact: Carole Turner, (910) 546-0044 or carole@hopeforthewarriors.org

Injured hero gave back by racing Marine Corps Marathon

Warrior's Wish™ recipient and double amputee raised funds for national non-profit

WASHINGTON, D.C., October 25, 2009—Marine MSgt (Ret) Carl Traub lost both legs and suffered paralysis from a severe spinal cord injury after an IED attack while serving his country in Iraq. Despite these setbacks, he continues to serve his community and his fellow injured warriors. On October 25, 2009, Traub completed all 26.2 miles of the Marine Corps Marathon in Arlington, VA on a hand cycle. More importantly, he fulfilled a promise to the many donors that sponsored him in his quest to raise funds for Team Hope For The Warriors™, a national non profit dedicated to ensuring that no sacrifice is forgotten, nor need unmet for injured service members and the families of the injured and fallen.

Traub recently received a Warrior's Wish grant from Hope For The Warriors™ to install a pool in his backyard where he can play with his children and exercise. He views his injuries not as a setback, but as an opportunity. He has taken on challenges as an adaptive athlete and is one of the top fundraisers on the Hope For The Warriors™ Marine Corps Marathon team, having raised more than \$3,900 to date. [View Carl Traub's web page.](#) In addition, he is training while completing college coursework at Liberty University with a goal of entering the ministry.

“Carl truly represents the spirit of hope beyond recovery,” says Hope For The Warriors™ president Robin Kelleher. “Like many of our adaptive athletes, he is defined by his spirit, not his injuries.”

On his web page, Traub's wife Cindy speaks of his spirit and strength in the face of adversity, as well as their continued commitment to other heroes. “He inspires us and others everyday,” says Cindy Traub. “Our heroes are those that have given their lives for us. Because of their sacrifice and what all of our troops do, we can stand FREE in this great country.”

“I always meant to run the Marine Corps Marathon when I had legs,” said Traub. This year he achieved that goal, finishing in just under five hours alongside five fellow Hope For The Warriors' teammates including LCpl Matt Bradford, a fellow amputee who also lost his vision as a result of injuries in Iraq.

Proceeds from this event will support Hope For The Warriors™ programs, which enhance the quality of life for U.S. service members and their families who have been adversely affected by injuries or death in the line of duty.

Hope For The Warriors™ joins our Marine Corps Marathon team sponsors' Textron and Potomac Field Gear in the mission to ensure that no sacrifice is forgotten, nor need unmet for those that have

sacrificed in defense of our freedom. Additional sponsors include VT Group and National Security Association Worldwide who provided food and refreshments for the team on race day.

The 2009 Marine Corps Marathon continues a 34-year tradition of running through our nation's Capitol. Known as the People's Marathon, the Marine Corps Marathon sells out annually and is the 10th largest marathon in the world.

###

Hope For The Warriors™ is a civilian organization, with 501(c)(3) non-profit status, is not a government agency and is solely supported by the generosity of individuals, corporations, and foundations in support and appreciation of those who have sacrificed in the name of freedom. Federal Tax Id#20-5182295. Hope For The Warriors™ is a recipient of the Combined Federal Campaign, CFC #27800.