

There is an alternative.

Project 2.0



Posttraumatic Stress Disorder

Posttraumatic Stress Disorder is a mental health condition that can develop after exposure to an extreme traumatic event that involves actual or threatened death or to one's physical integrity.

- 70% of US adults have experienced a traumatic event (223.4 Million people). Up to 20% of these go on to develop PTSD; equates to 44.7 million people who were or are struggling with PTSD (population of California and New York combined).
- According to VA, experts estimate that up to 20 % of Operation Enduring Freedom and Operation Iraqi Freedom veterans, up to 10 % of Gulf War veterans, and up to 30 % of Vietnam War veterans have experienced PTSD consequently, demand for PTSD treatment continues to grow.
- PTSD is recognized as a psychobiological mental disorder than can affect survivors not only of combat experience, but also terrorist attacks, natural disasters, serious accidents, assault or abuse, or even sudden and major emotional losses.
- 1 out of 9 women develop PTSD (twice as likely as men)
- PTSD affects about 7.7 million American adults in a given year, though the disorder can develop at any age including childhood. Symptoms include strong and unwanted memories of the event, bad dreams, emotional numbness, intense guilt or worry, angry outbursts, feeling "on edge," and avoiding thoughts and situations that are reminders of the trauma.
- PTSD was once considered a psychological condition of combat veterans who were "shocked" by and unable to face their experiences on the battlefield.
- Almost 50% of all outpatient mental health patients have PTSD.
- 17% of combat troops are women; 71% of female military personnel develop PTSD due to sexual assault within the ranks.





Soldiers with symptoms of PTSD often faced rejection by their military peers and were feared by society in general.

PTSD is associated with changes in brain function and structure and these changes provide clues to the origins, treatment, and prevention of PTSD. Some cases may be delayed, with only subtle symptoms showing up initially and more severe symptoms emerging months after the traumatic event.

In the past year alone the number of diagnosed cases in the military jumped 50%. The battle still lies with getting cases to be reported.

Those with PTSD symptoms were often labeled as "weak" and removed from combat zones, or sometimes discharged from military service.

You're worthless. You're too much trouble. You're damaged goods.

These are some of the things that stir through your head. These are some of the lies we tell ourselves that anchor us down. Eventually, they become part of who we are – but it doesn't have to be that way.

The truth – and listen carefully – is that you are more relevant than you realize.

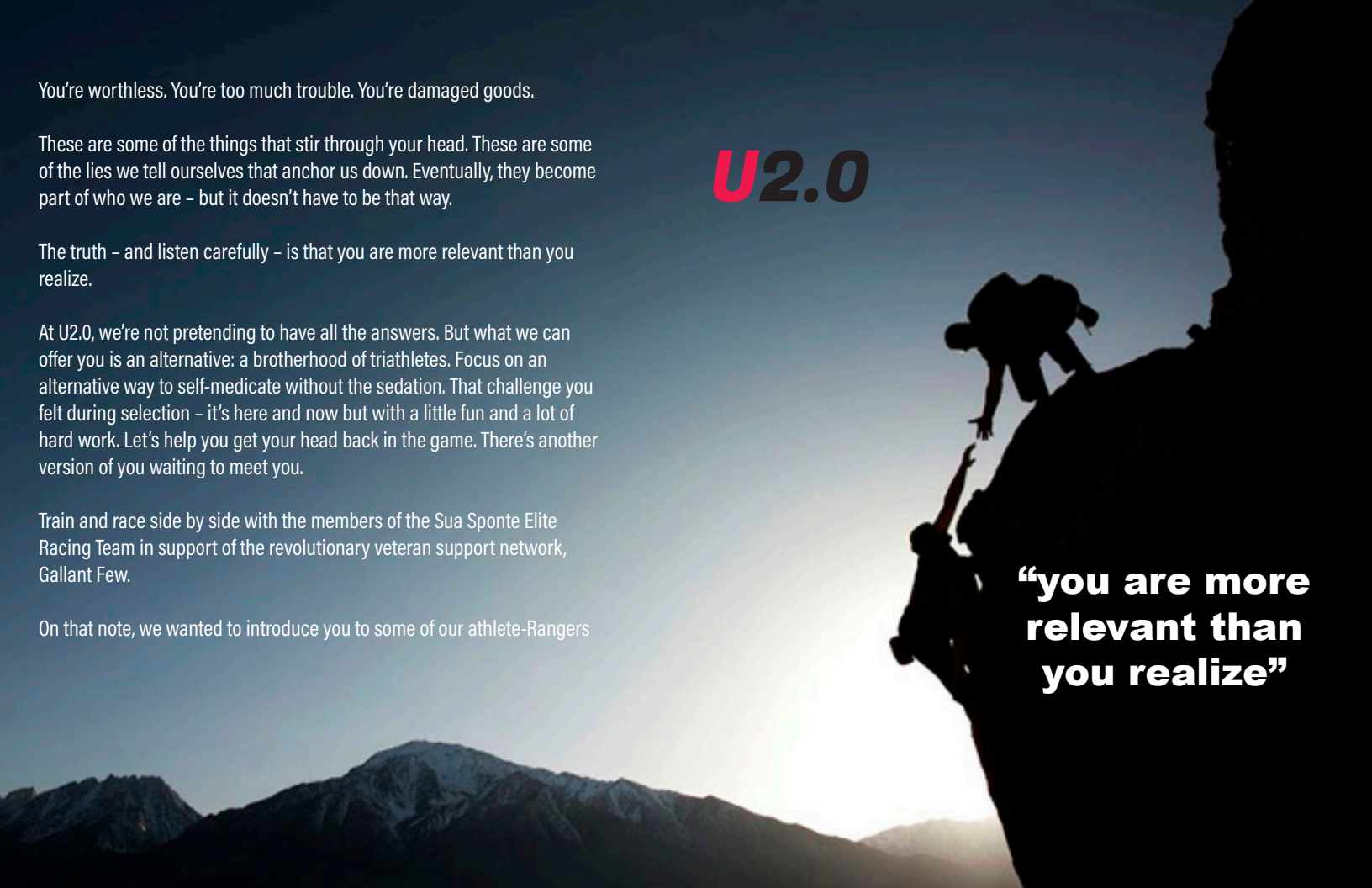
At U2.0, we're not pretending to have all the answers. But what we can offer you is an alternative: a brotherhood of triathletes. Focus on an alternative way to self-medicate without the sedation. That challenge you felt during selection – it's here and now but with a little fun and a lot of hard work. Let's help you get your head back in the game. There's another version of you waiting to meet you.

Train and race side by side with the members of the Sua Sponte Elite Racing Team in support of the revolutionary veteran support network, Gallant Few.

On that note, we wanted to introduce you to some of our athlete-Rangers

U2.0

**“you are more
relevant than
you realize”**







Welcome to Sua Sponte Elite Race Team. We are a group of scrolled US Army Rangers who compete in a variety of race events across the country. Our goal is to put together a team that will represent what it means to be called a Ranger; and, form a support system for Ranger Veterans who want to stay active after their selfless service to our great Nation. Whether you're training to become an Ironman, or need motivation to get off Ft. Couch at home for your first 5k, we want you. All are welcome... If you earned your Scroll that is. We won't be too exclusive though; family members of Regimental Rangers are welcome too.

As Rangers, we need to stick together, family included. We have been through hell together and that bond can never be broken. So, let's get out there, train, and race together. Even if you're racing alone out there one weekend, you'll have the full support of Sua Sponte Elite Race Team behind you. We will designate certain races throughout each season as a "Team Event", meaning we all get together, race as a team, then drink some beers and tell some Ranger stories 'til the sun comes up. Remember, "Surrender is not a Ranger word". Rangers Lead the Way brothers, see you on the race course.





gallantfew

Have you ever done night land navigation? Old school, it was done using a compass with glowing dots and a pace cord where one bead indicated 100 meters traveled. Walking through dense woods at night, unable to see anything other than the glowing dots on the compass, we focused on keeping on azimuth and on pace. When a tree stood in our path, we went around it to the left, the next one to the right. Done correctly, keeping on azimuth in virtual blackness isn't easy but it is possible.

Stray from that azimuth a degree or two at a hundred meters and it's still easy to find your objective. Stray for ten thousand meters and you're in a different grid square.

Military transition is a lot like that.

Your transition plan is your azimuth. Stray a couple degrees (ineffective networking, self-medicating, etc) for a few months and a GallantFew Guide can pop you back on azimuth. Stray a couple degrees for five, or ten years, and the result can be broken relationships, ruined finances, crushed dreams, no purpose and no hope. The longer off-azimuth, the harder it may be to get back on azimuth – but it's never impossible.

GallantFew, Inc is a 501(c)3 nonprofit dedicated to helping veterans achieve a smooth, peaceful and successful transition by connecting transitioning veterans with previously, successfully transitioned veterans in the same local town.

Josh Mathis

Josh Mathis grew up in upstate NY with a passion for soccer, earning himself a scholarship to play in college. After the September 11th, 2001 attacks, his sense of duty overcame his love of the sport, giving up that valuable scholarship and joining the military in February 2002.

Upon completing all necessary training, he joined the elite 1st Ranger Battalion, 75th Ranger Regiment. Within 30 days of reporting, he found himself in Afghanistan, followed by Saudi Arabia and then Iraq for the rescue of PFC Jessica Lynch on April 1st, 2003. Two more deployments would follow, one to Iraq, and the final to Afghanistan in 2004, for a total of 4 rotations into a combat zone. War took its toll both mentally and physically, leading to his separation from the military in 2006. The mental toll resulted in a diagnosis with PTSD in 2008. He attempted to work with the VA on recovery to no avail. Normal workouts didn't help alleviate the symptoms either, including an attempt to return to soccer.

After being introduced to triathlons, focus and drive returned. Competing with fellow Rangers started to not only have the same brotherhood feeling of the military, but also had positive physical results unlike drinking or doing drugs. Through his success, he formed the Sua Sponte Elite Race Team (SSERT) with a fellow Ranger to assist other brothers in similar situations.

Sua Sponte has now grown to 140 Rangers and Ranger family participating in races to raise awareness of PTSD as well as to continue our camaraderie and "buddy checks" for accountability with each other. SSERT gives us that purpose again, a mission to save each other. Though we all struggle with the effects of PTSD on a daily basis, training for and racing triathlons together provides us a sense of purpose.

Josh Mathis (SGT)

Bravo Company, 1st Ranger Battalion, 75th Ranger Regiment



Derek Dutton learned to swim before he could walk. After a family move to Montana, he was introduced to competitive swimming, achieving awards and records, including a Montana state title. The events of 9/11 solidified his desire to enter into the military and serve his country.

After graduating all of the necessary trainings, Derek joined Alpha Company (Aco) 3rd Ranger Battalion 75th Ranger Regiment (Aco 3/75). Not long after joining, things took an unfortunate turn. In 2004, during routine Airborne/ Ranger training, Derek's parachute malfunctioned resulting in him plummeting to the earth. As Derek puts it, "Luckily, my head and the runway broke most of my fall." Amazingly, he actually walked away from this initial accident. He soon deployed twice with his unit in 2004 and 2005. Although he walked away the parachute malfunction incident, the significant Traumatic Brain Injury that occurred was magnified and multiplied during those deployments. These lead to his retirement in December 2006.

The separation from the military was not smooth, and brought on some dark years. Reprieve was found in endurance sports: Marathons, marathon swimming, trail running/ ultra marathons, aquathlons, and triathlons all have helped me cope with my symptoms. Like most Rangers, his fiercely competitive nature helps drive him to train harder and race. As a married father of four, racing comes when possible both financially and physically. He calls it his "salvation".

Derek Dutton





Rob Egan was born in 1972 and grew up in Lincoln, California. While in high school, Rob developed a knack for running and began competing in track and cross country. After high school, Rob attended the University of Redlands, where he continued competing in long distance running while studying computer science, physics, and mathematics. He earned his Bachelor of Science in Computer Science in 1996. After a few years working in the booming internet industry, Rob decided to put his career on hold to serve his country. Just weeks before the events of September 11, 2001, Rob enlisted in the US Army.

Over the course of his six years as an Army Ranger, Rob completed four combat deployments to Afghanistan, and three combat deployments to Iraq. Additionally, he completed many schools ranging from sniper school to rally car driving school, and earned certifications such as EMT and Combat Life Saver. In late 2006, Rob's enlistment ended and he returned to the career he had set aside.

Soon after reentering civilian life, Rob got back into running and cycling. In 2014, he decided to try his first triathlon and immediately fell in love with the sport. Having competed in several sprint, Olympic, and half-ironman distance races, Rob completed his first full ironman distance race at Ironman Texas in 2018.

Rob is currently a Senior Site Reliability Engineer for The Walt Disney Company, where he specializes in building and operating large scale cloud computing infrastructure. He resides in San Marino, California with his wife Amy, and daughter Rylie.

Rob Egan

Michael Rios was born into the Army in 1972 at Womack Army hospital in Fort Bragg, N.C. to an abusive Vietnam vet father and a paraplegic mother (spinabifida). At six months old, his mother moved the family back to her home state of Michigan. Growing exceptionally poor, Mike spent a lot of time unsupervised as his mother worked 10 hours a day to put food on the table for he and his siblings. Becoming an Army Ranger seemed like a lifelong goal, almost obsession, for Mike. He recalls that his favorite book in elementary school was "D-Day: The Invasion of Normandy". That goal was realized after graduating high school and joining the Army in 1991.

Mike served in Operation Uphold Democracy in June 1994, and completed his service in 1995. After leaving the Army, he continued to serve his country and community by becoming a police officer in Dekalb County, GA. He then moved back home to Michigan and became a firefighter, serving the City of Walker for nine years.

By 2002, Mike moved into a desk job and by 2009 found that he had become a shell of his former self. Work had taken the priority over physical health, and that Army Ranger that once looked back at him in the mirror had become lost in a different figure. It was then that he discovered a passion for triathlons after completing his first Ironman in Louisville in 2011. This year Mike will be competing in his sixth Full Ironman (eighth Full Triathlon) this year in Maryland.

Michael Rios





"One thing that separates Rangers from other people is the ability to withstand pain discomfort for extended periods of time and not quit. That is why I chose to do Triathlon. It not only keeps me in shape, it allows me to have to continue to push when my body may not necessarily want to. Being comfortable with being uncomfortable." -

- Ranger Michael Rios

"I've found that triathlon has become my best coping mechanism for all issues, mental and physical." -

- Ranger Josh Mathis

"I quickly realized after leaving the military that even those who appear to have returned from war unscathed carry their own scars, myself included. While I succeeded at reentering the civilian world, many of my friends and brothers/sisters in arms did not, and I wanted to find a way to do something about it. Being a part of SSERT has put me in a position to really help those who may be struggling. I firmly believe that nobody is more capable of helping a Veteran in need than another Veteran. Helping others find a positive outlet such as triathlon and helping them get onto the right path truly saves lives."

- Ranger Rob Egan

"The greatest key to my transition, rehabilitation, and daily life was discovering the benefits of an extremely health conscious lifestyle: specifically targeting competitive endurance races. Triathlon is my medication, my daily supplement, and my outlet to defy mediocrity."

- Ranger Derek Dutton



TWOPOINTZERO^{USA}

Our roots started in the bicycle wheel industry in 2010 as IRT Wheels. During that time, our products have supported everyone from the average joe to veteran's groups like the EOD Warrior's Foundation and Sua Sponte Elite Racing Team, national teams, professional cycling teams, former world tour athletes, and olympic gold medalists as recent as the Rio Olympics in 2016. During that time, our crew was busy hammering away at a new concept in bicycle components. Shortly after, Two Point Zero, USA was formed and in 2018, announced a revolutionary hub system that won the 2018 Innovation Award for Triathlon.



Some things change but one thing didn't: our support for veterans. You see, our founder, Ray Asante is among those veterans. And having battled PTSD of his own, he struggled through his demons and made it to the other side. One thing he learned along the way was that his partner, Lynn Perrando, also had experienced PTSD from a domestic incident leaving her as a single mother of two. Banding together, they wanted to make PTSD awareness a focal point.

During their years of working with athletes, they came to realize that there could be a healthy form of self-medication for PTSD that could combat the use of drugs, alcohol and depression. Triathlons could bring the experience, adrenaline rush, and unpredictable challenges that brought them the edge and by offering veterans an opportunity to return to a brotherhood of veteran-athletes, the possibilities were endless. This was the eve of partnering with Sua Sponte Elite Racing Team and their group of current and prior US Army Rangers.

In 2019, Two Point Zero, USA formed Project U2.0 in partnership with Sua Sponte Elite Racing Team in support of Gallant Few. Four Army Rangers were selected to train and race Ironman Lake Placid in July 2019. This exclusive story was given to Triathlete Magazine to support this national campaign.

Please keep your eyes open for Rangers Josh Mathis, Derek Dutton, Rob Egan, and Michael Rios.



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