



RUCK RALLY



This activity: **rucking**, or **walking** with a weighted pack on your back. The activity gets its name from “**ruck** sacks,” which is military lingo for “backpack.” “**Rucking**” is marching or **walking** while wearing your **ruck** sack (which is always loaded down with gear). Ruck Walks are popular now as a way to bring awareness to approximately 22 suicides per day revolving around our Active Military and Veterans.

1ST ANNUAL RUCK RALLY – SPONSORED BY ROCKPORT WARRIORS UNITED

TEAMS WILL NOT BE REQUIRED TO WALK OR CARRY A BACKPACK; THIS WILL BE VOLUNTARY!

When: May 4, 2018 Where: Memorial Park.

Teams consist of 10 members (or less) - \$25.00 (\$2.50 per person) for entry fee. You can have more than one team for an additional \$25.00. Each team member is asked to raise (at least) \$100.00 and will receive a free: T-shirt and backpack. There will be a competition for top individual and top team for most \$\$\$\$ raised. Winners will receive an award and will be featured on RWU’s web-site!

Teams are asked to raise money (of course) and provide a donation for the silent auction to be held on May 4th. (More information to come later).

The main event will begin at 9:00 a.m. on the 4th; where we will have 22 laps marked. You can walk the entire track or break it into legs (for each team member). **You do not have to walk at all, but please be there to encourage the others.**

Registration is currently open. We will have a meeting with the Team Leaders to discuss ways of fund raising and motivation!!

All monies raised will go to Rockport Warriors United Retreat. If you have any questions please email or call Denise @ 361-318-3537. Appreciate all your help!!

Please email Denise @ tister1@yahoo.com for more information or Rockport Warriors United Veterans Retreat; rockportwarriorsunited@gmail.com for registration packets.