



5K RUCK RUN CHALLENGE

WHAT

- * A 5k loop on the beach at night.
- * Solo or teams of two run 'With A Buddy' (*Preferably a Veteran or 1st Responder*)
- * Male, Female and Co-ed Categories.
- * Two Weight Classes:
 - * Lightweight - Each runner carries 10 pounds of canned and/or dry food
 - * Heavyweight - Each runner carries 20 pounds of canned and/or dry food
- * Each runner carries a Ukrainian & a U.S. flag that we provide.
- * NO MASS START Runners show up anytime between 6:30 pm and 9:30 pm.
- * Each runner downloads the WEBSCORER App on their smartphone.
- * Runners can start anytime between 6:30pm & 9:30pm.
- * Each runner's smartphone must scan QR codes at the Start, Midpoint & Finish.
- * Each runner's times and place are displayed on the WEBSCORER APP in real time.
- * Participation in the USMC birthday celebration (*If event is on Veterans Day*).

WHEN

- * Date To Be Determined

WHERE

- * Site To Be Determined

SWAG

- Valued at \$28+; every participant will receive:
 - A Ruck Challenge T-shirt.
 - Two running strobe lights (red & green).
 - A Ruck Challenge mug.
 - Ruck Challenge 'Dog Tag'.
 - A USMC Birthday Party & commemorative medal (If Ruck Challenge is on Veteran's Day)
 - Miniature U.S. & Ukrainian flags