



# RUCK FOR VETERANS

*4-Hour Endurance Race to Support Veterans' Mental Health*

**SATURDAY, NOVEMBER 14, 2026**

**PACKET PICKUP AND TENT SET UP: 7:30-9:30AM**

**RUCK EVENT: 10:00AM - 3:00PM**

**LOCATION: TAWAWA PARK - SIDNEY, OHIO**

**Participation Options:**

Solo Participants and Teams of 4

**Cost: (\$30 per participant)**

*Minimum of two team members must be in the Ground Pounders division.*

**Awards:**

Trophies awarded for solo and team participants in each division

**Scan Event Info QR Code below**

**Ruck Categories:**

Ground Pounders - 35 lb. Ruck • Light Fighters - 20 lb. Ruck

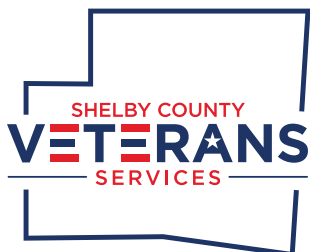
**Entertainment and Activities:**

Food Trucks, DJ, and Live Band

Information booths for VA, Mental Health, and other resources

***Registration Opens Monday, June 15, 2026***

***— All proceeds will support mental health resources for veterans —***



***If you have any questions please call  
the office at (937) 498-7282***

**SHELBY COUNTY  
VETERANS SERVICES**

133 S. Ohio Ave., Sidney, Ohio 45365

**[www.shelbycountyveterans.org](http://www.shelbycountyveterans.org)**



**VETS HELPING VETS**

# RUCK -N- ROLL Timed Event Rules and Race INFO

## OVERVIEW:

This is a timed endurance race, carrying a weighted pack (Ruck). All participants can be on the course at any given time. For teams, this is NOT a relay, your combined mileage will be calculated. Each participant must begin their final lap before the 4-hour mark, and must complete that final lap before the 5-hour mark, or it will not be counted. Read further for details and FAQ's!

## 1. Registration

- Registration fees are \$30 per participant [CLICK HERE](#) to register
- All participants must register before race day—no race-day sign-ups unless otherwise announced.
- Participants must wear their assigned race bib visibly on the front of their shirt.
- Each registration is non-transferable and non-refundable.

## 2. Age and Participation

- Runners must be at least 14 years old with parent permission to participate.
- Minors must have a parent/guardian's signed waiver.
- Walkers, strollers, and wheelchairs are welcome, but please start at the back.
- Teams are limited to 4 people.

## 3. Divisions and Awards

| LIGHT FIGHTER - solo  |                                      | Awards                |                             |
|-----------------------|--------------------------------------|-----------------------|-----------------------------|
|                       | Male                                 | Young Buck (under 35) | Fastest loop Young Buck     |
|                       | Male                                 | Old Salt (Over 35)    | Fastest loop Old Salt       |
|                       | Female                               | Young Buck (under 35) | Most miles Young buck       |
|                       | Female                               | Old Salt (Over 35)    | Most milles Old Salt        |
| GROUND POUNDER - solo |                                      | Awards                |                             |
|                       | Male                                 | Young Buck (under 35) | Fastest loop Young Buck     |
|                       | Male                                 | Old Salt (Over 35)    | Fastest loop Old Salt       |
|                       | Female                               | Young Buck (under 35) | Most miles Young buck       |
|                       | Female                               | Old Salt (Over 35)    | Most milles Old Salt        |
| TEAM                  | * min 2 ground pounders on each team |                       |                             |
|                       | All Male                             |                       | Most miles in each division |
|                       | Co-Ed                                |                       | Most miles in each division |
|                       | All Female                           |                       | Most miles in each division |
|                       | Battle of the Branches               |                       | Most miles in each division |
|                       | Battle of the Badges                 |                       | Most miles in each division |

## **4. Arrival and Set Up**

- Check in and support area set up begins at 7:30 at the Race HQ pavilion.
- Teams and solo participants can bring their own pop-up tent and support supplies and crew. This is a fun and social event!
- Please keep all support tents in the designated TENT CITY areas. These are on a first come first served basis, we will not reserve specific spots for you.
- No generators, and no open flames.
- Bluetooth speakers and portable heaters ARE permitted.

## **5. Safety**

- Pets, bicycles, and skateboards are not allowed on the racecourse.
- Headphones are allowed but discouraged—be aware of your surroundings.
- No littering on the course; use designated trash bins at water stations or the finish area.
- In case of emergency or injury, notify the nearest volunteer or race official immediately.

## **6. Timing and Course**

- The race course will be the designated 5k loop and will be noticeably marked. There is additional distance from the start/finish line to the park gate. That distance WILL be calculated into your total. While we are using the 5k route, the actual loop distance is 3.35 miles.
- Official timing will begin when the starting signal sounds.
- Participants must stay on the designated route and follow course markers and volunteer directions.
- You must cross the timing pad at the start finish line in order for your mileage to count (don't stop in tent city without completing the loop across the timing mats!)
- Anyone cutting the course will be disqualified.

## **7. Ruck Rules**

- Participants' ruck must contain the weight corresponding to the category they are competing in. This weight will be above any water they are carrying. They must start, compete with, and finish with the correct weight.
- We will have 2 Ruck weight categories: "Ground Pounders" 35-pound weight not counting water. "Light Fighters" 25 pounds not counting water

## **8. Conduct**

- Always remember the reason for the event. We are here to support Veterans and their families.
- Show sportsmanship and respect toward other participants, volunteers, and spectators.
- No abusive language or behavior will be tolerated.
- Unsportsmanlike conduct may result in disqualification.

## 9. Weather Policy

- The race will proceed rain or shine unless severe weather creates unsafe conditions.
- Any cancellations or delays will be announced via [method, e.g., email or text alert].

## 10. Liability

- Participants run at their own risk and must sign a waiver of liability.
  - The organizers and sponsors are not responsible for injury, loss, or damage.
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## FAQ's

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What is considered a “Ruck Sack”, and what am I allowed to use?

- For the purpose of this race, a ruck sack is anything you use to carry gear on your back. You can use a military ruck, your favorite hiking pack, a school book bag, or a weighted vest. As long as you are carrying your designated weight, you're good!

Will there be water stops on the course?

- o No, there will not be any water stops on the course itself. We encourage you to maintain hydration at your own support tent, or by bringing water with you on the course.

Can I ruck with my team or is it a relay?

- o It is not a relay. Your team can all be on the course at the same time. Total combined miles will be your finished distance. You DO NOT have to start and finish together, if you have a faster rucker on your team, turn them loose and get those miles!

When can we set up?

- o 7:00 am on race day

How many people can be in my support group?

- o As many as you'd like as long as they are not hindering any other teams or participants.

Can I bring food?

- o You are permitted to bring your own food, and there will be food trucks on site and we encourage you to patronize those businesses!



