

Operation Ruck 22 for Vets

Madison, Wisconsin

VFW Post 1318 requests your participation in Operation Ruck 22 for Vets

Saturday October 22nd 2016 NLT 0800

I. Situation: On average 22 veterans commit suicides a day. Raising awareness of this issue by rucking 22 miles with 22 pounds.

II. Mission: Complete any number of the 3 legs to the Ruck 22 for Vets operation. Mission will begin NLT than 0800 CST on 22 October 2016. First leg will traverse from Post 1318 to Post 7591 via the lake shore path and sidewalks. Second leg will traverse from Post 7591 to Post 8483 via paths, sidewalks and road shoulders. The third and final leg will traverse from Post 8483 to Post 1318 via paths, sidewalks and road shoulders. This is a rain, snow or shine event.

III Execution: Participants will supply their own ruck with 22 pounds of weight. Participants will team carry a US 50 star flag throughout the event. Distances; Post 1318 to Post 7591 6.2 miles, Post 7591 to Post 8483 7.2 miles, Post 8483 to Post 1318 8.6 miles. A support vehicle will be employed. Water and Gatorade will be supplied at each VFW Post free of charge. Food will be available for purchase.

For more details find the event on Facebook.

Timeline:

Depart 1318 0800
Arrive 7591 1030
Depart 7591 1100
Arrive 8483 1400
Depart 8483 1500
Arrive 1318 1830



VFW Post 1318

VFW Post 7591

VFW Post 8483

CV

51

39

30

VFW



Veterans of Foreign Wars

WISCONSIN

No One Does More For Veterans

