



Inaugural SHSU VRC & CVA  
"Carry Their Load"  
5-Mile Military Ruck March



**HISTORY:** The Inaugural "Carry Their Load" 5-mile ruck march will be held in Huntsville, Texas on Saturday September 25, 2010. The Sam Houston State University Veterans Resource Center along with the Collegiate Veterans Association are the proud organizers of the event. The 5-mile foot march is in commemoration and to bring attention to the physical, mental, and emotional "Load" that military/ veterans and our civil service brethren carry daily. Since the terrorist attacks of 9/11 thousands of Americans have borne the burden of fighting and dying in multiple theaters of war as well as those civil service men and women that bear the brunt on the lines here at home keeping us safe. This is a march to commemorate both the efforts of those still serving, those whom have served, and for those that never came home. 100% of the proceeds from the Ruck March will go to the Wounded Warrior Project, The Huntsville Police Officers Association, and The Huntsville Volunteer Fire Dept.

**ENTRY REQUIREMENTS:** This event is open to everyone and you can enter as individuals or as a member of a team. This is a Ruck March and a test of endurance, **NOT A RUN!** Therefore **NO RUNNING** will be allowed!

**MARCH INFORMATION:** The march begins and ends at the Southwest corner of the Westhill Mall parking lot, 2 Financial Plaza Huntsville, TX 77340. The course will be closed at 10:30am. Any individual still on the course at 10:15am will be picked up and transported back to the starting point. The course is mixed asphalt, dirt and gravel, and is generally flat to rolling. There are water points, road guards, mile markers, medical personnel, and porta-potties on the course. All participants receive a commemorative t-shirt and a participation certificate.

**Military/ LE Heavy Team Division** uniform will consist of ACUs, BDUs, ABUs, MARPAT or equivalent field uniform with boots, if from another service, patrol/soft cap, regulation boots, and Load Bearing Equipment with 2 canteens/covers or hydration system in addition to a 45 pound rucksack with frame. Rucks will be weighed before and at finish.

**Military/ LE Ultra Heavy Team Division:** Same as Mil/ LE Heavy Division but with 60 pound rucksack.

**Civilian Heavy Team Division** participants can wear any outfit that is comfortable, but try to dress in layers and according to the weather. Hiking boots are recommended for marching and ankle support. You must also have a 25-pound rucksack/ backpack of any type in addition to a canteen/ hydration system/ water source. Rucks/ backpacks will be weighed before and at finish

**Individual Military/ Civilian Division CIVILIAN PERSONNEL** participants can wear any outfit that is comfortable, but try to dress in layers and according to the weather. Hiking boots are recommended and a water source (canteen, hydration system ,etc) **MILITARY/ LE PERSONNEL** uniform will consist of ACUs, BDUs, ABUs, MARPAT or equivalent field uniform, if from another service, patrol/soft cap, regulation boots, and Load Bearing Equipment with 2 canteens/covers or hydration system

**\*\*TEAMS** must consist of 4 members in whom **all 4 must finish with the required equipment at the same time to compete**, if a team doesn't finish with all 4 members it is counted as a Did Not Finish and not counted. (**Ultra Heavy division requires only 2 individuals for a team**) A 5-meter buffer between teammates 1-4 is allowed at the finish. This will be marked before the finish area. Substitutions of members are allowed at a cost of \$5/sub. ID's will be checked for teams. The March director will handle all disputes and disqualifications

## **AWARDS:**

- **Mil/ LE Heavy**
  - **Fastest Military Team**
  - **Fastest LE Team**
  - **Fastest Emergency Response Team**
  - **Fastest National Guard Team**
  - **Fastest Reserve Team**
  - **Fastest Cadet Team**
  - **Fastest Overall**
- **Mil/ LE Ultra Heavy**
  - **Fastest Overall**
- **Civilian Heavy**
  - **Fastest Student Organization**
  - **Fastest Sorority**
  - **Fastest Fraternity**
  - **Fastest Civilian Team**
    - **Male Team**
    - **Female Male**
- **Individual Military/ Civilian**
  - **Fastest Civilian Male**
  - **Fastest Civilian Female**
  - **Fastest Military/ LE Male**
  - **Fastest Military/ LE Female**

**COURSE MAPS:** Will be available on race day during registration.

## **EVENT TIMELINE:**

- **Saturday, September 25, 2010**
- 0600 - 0700 March Registration
- 0700 - 0730 Opening Ceremonies
- 0800 - March Begins
- 1030 – Awards



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5-Mile Military Ruck March  
Registration Form



NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY/STATE/ZIP: \_\_\_\_\_  
PHONE # \_\_\_\_\_  
E-MAIL \_\_\_\_\_

MILITARY MEMBERS - RANK: \_\_\_\_\_ UNIT: \_\_\_\_\_

T-SHIRT SIZE (Circle one) S M L XL XXL

REGISTRATION: No refunds (Make checks payable to SHSU VRC)

Mil/ LE Heavy- \$100 Team (\$25 individual)

Mil/ LE Ultra Heavy- \$60 Team (\$30 individual)

Civilian Heavy- \$80 Team (\$20 individual)

Military/ Civilian Individual- \$15 Person

*Mail in registration deadline is September 10, 2010*

March Day Registration is available however preregistration is highly recommended.

Mail entry form to: SHSU VRC Attn: Ruck March Box 2029 Huntsville, Texas 77341-2029

E-mail questions to: [jbullion@shsu.edu](mailto:jbullion@shsu.edu)

*(Each team member needs to fill out a registration form and list all team members)*

EVENT:

MILITARY/ LE HEAVY ☐

- MIL ☐
  - NATIONAL GUARD ☐
  - RESERVE ☐
  - CADET ☐
- LE ☐
- EMERGENCY RESPONSE ☐

MILITARY/ LE ULTRA HEAVY ☐

- MIL ☐
- LE ☐
- CIV ☐

CIVILIAN HEAVY ☐

- STUDENT ORGANIZATION ☐
- FRATERNITY ☐
- SORORITY ☐
- CIVILIAN TEAM ☐
  - MALE TEAM ☐
  - FEMALE TEAM ☐

INDIVIDUAL ☐

- MALE ☐
- FEMALE ☐
- MIL/ LE MALE ☐
- MIL/ LE FEMALE ☐

TEAM NAME \_\_\_\_\_ UNIT/ ORG \_\_\_\_\_

TEAM CAPTAIN \_\_\_\_\_

RANK(if applicable) FIRST NAME LAST NAME UNIT/ ORGANIZATION

TEAM MEMBER

1. \_\_\_\_\_

TEAM MEMBER

2. \_\_\_\_\_

TEAM MEMBER

3. \_\_\_\_\_

TEAM MEMBER

4. \_\_\_\_\_

**WAIVER:** I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. Inconsideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident, which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, representatives, successors and assigns, and all other persons associated with the event, for my all liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. Every effort will be made to make this a safe, enjoyable, and memorable event. *I have read the foregoing and certify my agreement by my signature below (Parent or guardian must sign if applicant is under 18 years of age)*

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

*\* More information about the WWP may be found by visiting the website at [www.woundedwarriorproject.org](http://www.woundedwarriorproject.org) or by calling the WWP at 877-832-6997. This promotion is sponsored by the SHSU Veterans Resource Center and the SHSU Collegiate Veterans Association, which is solely responsible for its fulfillment. The 'Wounded Warrior Project' name and logo is used by permission.*

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*For Official Use Only:*

*Date Received* \_\_\_\_\_

*Payment:*

*Cash* \_\_\_\_\_

*Check* \_\_\_\_\_  
# \_\_\_\_\_