HISTORY: Veterans Success at Sam presents the 3rd Annual “Carry Their Load” ruck march will be held at the Huntsville State Park on Saturday September 22, 2012 and promises to be better than the first two. The 8-mile foot march/ hike is in commemoration of 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 Warrior and Family Support Center (Brooke Army Medical Center), The Walker County Sheriff’s Department, 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 Huntsville State Park located 6 miles southwest of Huntsville off of Interstate 45 on Park Road 40. The course will be closed at 12:00 pm. Any individual still on the course at 11:45 am will be picked up and transported back to the starting point. The course is mixed asphalt, dirt and hiking trails with some rugged terrain. There will be water points, route guides, medical personnel, and porta-potties on the course. All participants receive a commemorative t-shirt.

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 Heavy Individual Division: Same standards as Mil/ LE Team Heavy Division. (Civilians are allowed in this category.)

Military/ LE Ultra Heavy Team Division: Same standards as Mil/ LE Division but with 60 pound rucksack (2 member team) (Civilians are allowed in this category.)

- Military/ LE Ultra Heavy Individual Division: Same standards as Mil/ LE Heavy Division but with 60 pound rucksack. (Civilians are allowed in this category.)

Civilian Heavy Team Division participants can wear any outfit that is comfortable and accordingly 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.

- Civilian Heavy Individual Division: Same standards as Civilian Heavy Team Division

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) is required. 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.

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**TEAMS** must consist of 4 members (Ultra Heavy consists of 2 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. 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.

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*"Use of the W&FSC logo does not constitute an expressed or implied endorsement or favoring by the US Army or The DoD."
AWARDS:

- Mil/ LE Heavy
  - Fastest Team
  - Fastest Individual

- Mil/ LE Ultra Heavy
  - Fastest Team
  - Fastest Individual

- Civilian Heavy
  - Fastest Team
  - Fastest Individual

- Individual Military/ Civilian
  - Fastest Male
  - Fastest Female

EVENT TIMELINE:

- Saturday, September 22, 2012
- 0600 - 0700 March Registration & Check-In
- 0700 - 0730 Opening Ceremonies
- 0800 - March Begins
- 1200 – Awards

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3rd Annual SHSU VSS
“Carry Their Load”
8-Mile Military Ruck March
Registration Form

NAME: ______________________________________________________________________
ADDRESS: ___________________________________________________________________
ADDRESS: ___________________________________________________________________
CITY/STATE/ZIP: ____________________________________________________________
PHONE #: _____________________________________________________________________
E-MAIL _______________________________________________________________
MILITARY MEMBERS - RANK: ______ UNIT: ______________________________________

(Each team member needs to fill out a registration form and list all team members when they sign their waiver)

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

REGISTRATION: No refunds (Make checks payable to SHSU VRC)
         Mil/ LE Heavy- $100 Team or $25 individual
         Mil/ LE Ultra Heavy- $60 Team or $30 individual
         Civilian Heavy- $80 Team or $20 individual
         Military/ Civilian Individual- $15 Person

March Day Registration is available however preregistration is highly recommended!!!!
Mail in registration deadline is September 14, 2012

Mail entry form to: SHSU VRC Attn: Ruck March
         Box 2029
         Huntsville, Texas 77341-2029
E-mail questions to: veterans@shsu.edu

MILITARY/ LE HEAVY
         • Team [___]
         • Individual [___]

MILITARY/ LE ULTRA HEAVY
         • Team [___]
         • Individual [___]

CIVILIAN HEAVY
         • Team [___]
         • Individual [___]

INDIVIDUAL
         • MALE [___]
         • FEMALE [___]

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Warrior and Family Support Center
TEAM NAME

TEAM CAPTAIN

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

TEAM MEMBER or INDIVIDUAL if not on a team
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. In consideration 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/ route. 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: __________________

Sam Houston State University is a Member of The Texas State University System.

__________________________________________

For Official Use Only:

Date Received ____________

Payment:

Cash ____________

Check ____________
# ____________

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