Raising Awareness For Veterans And PTSD

Grab your RUCK (back pack) and load up ♥♥♥

Come out and ruck with your vets
and get to know about their daily internal struggles.

Starting at Hixon Forest Head Trail. Ruck steps off at 10am.
Rucking 8.6 miles of bluff, marsh and city
through ice, snow and slush
Many access points along this route for everyone to join in,
rucking the distance they see fit.

Finish at American Legion Post 52
~ Food ~ Drink ~ Stories ~ Comradery

**Please note**
We are not taking donations at this time.
Spending time with a vet goes much further
than the dollar.

P.T.S.D.
NOT ALL WOUNDS ARE VISIBLE

Map Route and Details on our Event Page
http://goo.gl/Ct79ji

https://www.facebook.com/events/374076062776927/