

# RUCKING TRIPS

TheSiothaProject.com

**Attend each ruck individually or build into the 13-mile Memorial Ruck. The Community Ruck is geared towards modifications and various abilities. All others work at a 3+ mile pace and build pack stamina.**

Winter Ruck | December 14th | 7 miles | 10am | Wheeler Park (Ferris Wheel)

Holiday Ruck | December 28th | 7 miles | 10am | Bluff Creek Park (Pavillion Area)

New Year Ruck | January 11th | 7 miles | 10am | Edgemere Park (Main Pavillion)

Winter Ruck | January 25th | 8 miles | 10am | Wheeler Park (Ferris Wheel)

Valentine's Ruck | February 8th | 8 miles | 10am | Bluff Creek Park (Pavillion Area)

Winter Ruck | February 22nd | 9 miles | 10am | Edgemere Park (Main Pavillion)

**Community Ruck** | March 8th | 4 miles | Ages 12+ | 10am | Wheeler Ferris Wheel

Spring Ruck Build | March 29th | 9 miles | 10am | TBD

Spring Ruck Build | April 12th | 11 miles | TBD

Spring Ruck Build | April 19th | 12 miles | TBD

Memorial Ruck | 13.1 miles | Last Weekend In April | Details TBD

**Rucking**—a term used to describe walking or hiking with a weighted pack—has deep roots in military history and is closely tied to the physical training, endurance and team building.

**THE  
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