

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.

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

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

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

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

Community Ruck | March 8th | 4 miles | Ages 12+ | 10am | 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
SIOTHA
PROJECT**

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