Movember Ruck Walk

**Levels:**
- Novice – No weight
- Beginner – 15 lb ruck
- Intermediate – 25 lb ruck
- Advanced – 45 lb ruck

Long & Heavy – any backpack on the long route
Long & Light – anyone without a backpack on the long route
Short & Heavy – any backpack on the short route
Short & Light – anyone without a backpack on the short route

**What is a ruck?**
A ruck is a backpack with something in it. Clothing, books, camping gear, a pile a bricks—whatever you like to carry. Rucking is the act of slinging that pack over your shoulders and going for a walk.

**Why are we doing this?**
November is men’s health awareness month, and it’s also the month of Veteran’s Day. The armed forces have a long tradition of ruck marches, both in training and in operations. We’re showing solidarity and gratitude for our service members by walking a mile (or more) in their shoes.

**Do I have to wear a ruck to take part in the walk?**
No! We have four different difficulty levels. Novices or those with injuries or limitations are free to participate without any load.

**How far do I have to walk?**
There is a short route and a long route. See the maps for details.

**How to load up your ruck:**
Most backpacks are internal frame. If there is no frame at all, it’s still an internal frame—in this case, the stuff inside is the frame. Load your lightest items at the bottom, heaviest items in the middle close to your spine, and moderate items up top.

If you happen to have an external frame, heavier items go up top.

If you have a hip strap, use it! It helps support the load.