

9/11 Heroes Run GORUCK Division Rules and Requirements

The GORUCK division of the Travis Manion Foundation 9/11 Heroes Run requires participants to carry a weighted rucksack or other type weighted backpack. We welcome ruckers of all levels to join us and earn a patch, but to compete for a top finisher medal in the GORUCK division, the rucksack must contain the prescribed additional weight based on body weight:

- For participants weighing 149 lbs or less, **a 10-pound weight is required to qualify for the competitive GORUCK division.**
- For those weighing 150 lbs or more, **a 20-pound weight is required to qualify for the competitive GORUCK division.**
- **Weighted vests are NOT considered rucks and will NOT qualify for the competitive GORUCK division.**
- **LEOs and Firefighters in full turnout gear DO qualify for the competitive GORUCK division.**
- We will weigh your ruck, but not your body! Your body weight is on the honor system.

Packs will be weighed at each event prior to the start. Ruckers will receive a bracelet and a special mark on their running bib showing their ruck has met the standard for medal consideration. **Packs must be compliant with the prescribed weight for the duration of the event.**

Ruck for fun! We enthusiastically welcome ruckers who do not carry the minimum weight requirement to participate in the 9/11 Heroes Run and earn their patch! These participants will skip the weigh-in before the event and will not qualify for medal consideration. Come on out and ruck your yoga block!

All participants are required to supply their own packs and weights.

Medals:

Medals will be awarded to the top 3 overall male and the top 3 overall female GORUCK finishers who cross the finish line with rucks that meet the weight standard outlined above. **There are no age brackets in the GORUCK division.**

Patches:

Every registered participant of the GORUCK division will receive the exclusive 2020 9/11 Heroes Run GORUCK patch.

Approved Weight list:

Ruckers can carry almost any items to meet the standard weight outlined above. In previous years we've seen ruckers carry the following items in their rucks to meet weight requirements:

- Steel plates
- Bricks
- Dumbbells
- Ankle weights
- Books
- The gear of a fallen loved one

Water bladders or anything else that can be emptied during the event will not qualify as weight.

Children are not approved weight for the GORUCK division.