



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, 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 less than 150 lbs. **a ten pound weight is required.**
- For those weighing more than 150 lbs. **a twenty pound weight is required.**
- **Weighted vests are not considered packs and will not qualify for the competitive GORUCK division.**
- As this is the 9/11 Heroes Run, 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! 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 met the weight standard outlined above. **There are no age brackets in the GORUCK division.**

GORUCK Patch:

Every registered participant of the GORUCK division will receive an exclusive 2019 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 that can be emptied during the event will not qualify as weight.