

## GORUCK Rules and Requirements Houston 9/11 Heroes Run

**If you plan to compete for a medal, your ruck must be weighed by 7:30 a.m. This is a hard deadline so be sure to arrive early to allow plenty of time to get your weigh-in completed. No rucks will be weighed after 7:30 a.m.** The Ruck Weigh-in tent will be in front of City Hall, next to the Registration and Packet Pickup tent. **It is crucial you arrive early for weigh-in.**

### AWARD MEDALS

Award medals will be given to the top 3 overall male and female medal qualifying GORUCK finishers. **There are no separate age brackets in the GORUCK division.** To compete for a medal in the GORUCK Division, you must meet the weight standards outlined below:

### THE STANDARD

- If you weigh 149 lbs. or less, **carry a 10 LB weight.**
- If you weigh 150 lbs. or more, **carry a 20 LB weight.**

LEOs AND FIREFIGHTERS IN FULL TURNOUT GEAR **DO QUALIFY** FOR MEDAL COMPETITION.  
WEIGHTED VESTS **DO QUALIFY** FOR MEDAL COMPETITION.

### APPROVED WEIGHT LIST

Ruckers can carry almost any item to meet the standard weight outlined above. In previous years we've seen ruckers carry the following things 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.

**ALL PARTICIPANTS ARE REQUIRED TO SUPPLY THEIR OWN RUCKS AND WEIGHTS.**

### WEIGH-IN

Report to the GORUCK weigh-in station on Race Day to have your rucks weighed. Rucks will be weighed dry. **Water does not count toward your weight.** You will receive a red Tyvek wristband indicating your ruck has met the standard. You must wear the Tyvek wristband the entirety of the race for medal contention.

If you choose to skip weigh-in or do not meet the weight requirements, you will be medal eligible for the 5K division instead of the 5K Ruck division. Only ruckers meeting the weight requirements are eligible for a medal in the 5K ruck division. There will be no exceptions.

### **HARD CHARGERS**

If you choose to carry more weight than the required standard, please remember the standard for this event is 10 lbs. and 20 lbs. We will not have different weight levels. If you choose to carry 50 lbs., you may lose a medal to someone carrying 20 lbs. If you're in this for the medal, work smarter, not harder.

### **PATCHES**

Everyone registered for the GORUCK division will receive the official 2022 GORUCK patch regardless of weight carried. You do not have to compete for a medal to get your patch.

All registered ruckers will receive their patch at the Ruck Weigh-in Tent. Our volunteers will work as quickly as possible to get you in and out of line as fast as they can. Your patience and graciousness are appreciated.