



RUCKING MOST COMMONLY KNOWN FOR BEING UTILIZED IN THE MILITARY TO TRANSPORT GEAR, AMMUNITION, MEDICAL SUPPLIES AND GROUND SUPPORT TO THOSE IN NEED ON THE BATTLEFIELD, OR TO REACH AN OBJECTIVE TO GAIN A STRATEGIC ADVANTAGE. THIS CAN BE BEST DESCRIBED AS A GRIND. RUCKING CONSISTS OF PICKING UP A 45-50 LB. PACK, LOADING IT ON YOUR BACK AND CARRYING THAT LOAD OVER UNKNOWN TERRAIN FOR VARYING DISTANCES AND TIME.

Mission Statement:

The mission for **RUCKING TO REMEMBER (R2R)** is dedicated to:

- 1) **HONORING** those brave men and women who fought for our freedom symbolized by our Nations flag, specifically in OIF/OEF (operations Iraqi and Enduring freedom)...immortalizing their memory for their families, loved ones, and in our hearts.
- 2) **REMEMBERING** to keep the memory alive of those who served and gave the ultimate sacrifice by answering the call to freedom and security for a nation to which they were proud to serve. Service men and women alike fought for those they loved, those next to them and even for those they did not know .
- 3) **CREATING AWARENESS** that by making the ultimate sacrifice, they paid a price that most will never understand: The debt of freedom was paid by the loss of future birthdays, weddings, bed time stories, walks in the park, holidays, graduations, baby's first steps... These are just a few of life's moments they will *forever* miss.

Those of us who choose to **RUCK TO REMEMBER**, offer one of the purest forms of self sacrifice. The sacrifice is physical as well as mental. The challenge is to ruck with a 45 lb. rucksack while wearing boots in an event that covers distances and times that most will not even run in traditional running gear. We carry the load in the heat of the day or the cold of night, through the blisters and cramps, dehydration and demons that one mentally faces as the miles/hours add up. We choose to carry this load for those that no longer get that choice. This is but a small sacrifice, and pales in comparison to their final sacrifice for us all.

Therefore, as was previously stated, we ruck in their honor and to preserve their memory. After all, let's be honest, *What happens when it's no longer headline news?* We tend to forget. **R2R's** primary objective is short and simple.....**NEVER FORGET.**

Words from Keith Bridges, the founder:

“Initially for me, Rucking to Remember was to honor the Marines that I had served with in OIF/OEF that paid the ultimate sacrifice in Iraq. However, the Marine Corps was not the only branch fighting in those conflicts. I realized that all service men and women from all branches of the military deserved to be honored as well, for a total of 6,915 service members KIA.

This is a journey that I hope many will be honored to take with me, because I can assure you that as long as my heart still beats and my body is strong... I will not stop rucking until they are all remembered.”