

“FOR THEM” – STOP 22 5K HONOR RUCK MARCH

“We Ruck For Them, Because They Can’t”

PURPOSE:

- 1. To raise awareness about veteran’s Mental Health, Traumatic Brain Injury, PTSD and Suicide**
- 2. To honor the memory of those we have lost to the War Within**
- 3. To provide prevention through awareness**

Calling All Veterans, Family Members, Active Duty and Public to join us on September 26, 2020 at 0900 (9am) at Hickories Park, Pavilion #5 in Owego for a great cause. Kids are welcome too! Limit 50 participants - free t-shirt and gift bag to all who ruck!

Call 607-687-8228 or email middaughm@co.tioga.ny.us for more information and registration forms.

Equipment: We are asking each participant to bring a ruck (backpack) with 22 pounds of gear to represent the 22 veterans a day we lose to suicide; feel free to include an American flag and name of veteran we have lost to suicide as well on your ruck! Social Distancing policies will be in use!