



**BOULDER CREST**  
FOUNDATION

# BOULDER CREST RUCK-A-THON

## WHEN:

Saturday, May 14th, 2022

8:00 AM - 12:00 PM

## WHERE:

Dirt Farm Brewing

18701 Foggy Bottom Rd

Bluemont, VA 20135



**SIGN UP  
TO RUCK!**

\$90 PER TEAM

\$25 FUN RUCK

\$20 PER SPECTATOR

## QUESTIONS:

[WWW.BOULDERCREST.ORG/RUCK](http://WWW.BOULDERCREST.ORG/RUCK)

[KYRA.POOLEY@BOULDERCREST.ORG](mailto:KYRA.POOLEY@BOULDERCREST.ORG)

540.554.2727

## THE MISSION:

The Veteran-led Boulder Crest Foundation uses Posttraumatic Growth to train and advocate for combat veterans, first responders, and their families who have experienced trauma. We develop, deliver, and scale transformative programs to ensure these remarkable men and women **TRANSFORM STRUGGLE INTO STRENGTH** and lifelong Posttraumatic Growth.

**The ruck serves as an exhibition  
of strength over struggle.**

## MORE INFO:

Competitive teams of 3 ruck up and down the Dirt Farm Brewing hill driveway as many times as possible in 2 hours

Women must ruck 14 lbs | Men must ruck 20 lbs

Noncompetitive fun ruck without weight

Each team is encouraged to raise \$500 collectively for Boulder Crest Foundation prior to the Ruck-a-Thon (you will be given a custom fundraising link)

**AFTERPARTY AT** >>>



# PRIZES!

**THE TEAM WHO FUNDRAISES THE MOST FOR BCF**

**GRAND PRIZE: THE TEAM WHO RUCKS THE MOST LAPS THE FASTEST!**