

22 Miles/Kilometers To Support Our Veterans



4th Annual



Operation Ruck 22

Sponsored By:

VFW 1318

VFW 7591

VFW 8483



Saturday, Sept. 14th, 2019

REGISTER ON
FACEBOOK TODAY



Route:



Facebook:



Facebook: @OperationRuck22

Email: OperationRuck22@gmail.com

Phone: 608-960-8180



On **Saturday, September 14, 2019**
The Madison area VFW Posts are sponsoring:
OPERATION RUCK 22



One Veteran suicide is too many...
In 2016, 22 of our nation's protectors were taking
their own lives every day! Presently, 20 per day
choose to end their lives...

Our continuing mission is to end this tragedy by creating public and Veteran awareness of the situation and by providing means for those at risk to get the help they may desperately need.

Please support our efforts by joining our symbolic 22 mile or 22 km Ruck March (22 lb. ruck/backpack optional) around Madison, WI or join us at one of the VFW posts along the route to take part in other activities (food/raffles/etc.) and comradery. On Saturday, September 14, 2019 Veterans and non-Veteran supporters will be rucking the approximately 22 mile or 22 km routes around Madison to remember the fallen and to raise awareness of PTSD (Post Traumatic Stress Disorder) and Veteran suicide prevention efforts.

Ruckers of the 22 mi route begin at VFW Post 8483 at 7:30 a.m. (6:30 a.m. breakfast available) and will proceed to the Salvation Army where the ruckers of the 22 km route will begin their journey and both groups merge. All will proceed to VFW Post 1318 then will finish at VFW Post 7591 which will have entertainment, brats, food, drinks, raffles.

Key timing and stops along the route:

***Pre-register online. Onsite registration available at VFW Post 8483 ends ~ 7:10 a.m.**

- **22 mi Start @ 7:30 a.m.:** VFW Post 8483 (5737 County Hwy CV)
- **22 km Start @ ~9:45 a.m.:** Salvation Army of Dane County – (3030 Darbo Dr.)
 - Grace Episcopal Church and Food Pantry (116 W. Washington Ave)
- **~1 p.m.:** VFW Post 1318 (133 E. Lakeside St.)
- **Finish:** VFW Post 7591 (301 Cottage Grove Rd.)

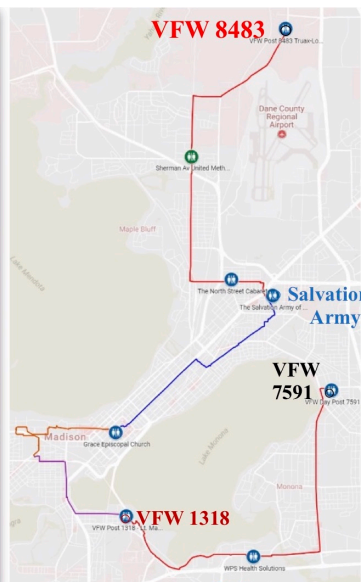
Veterans in Need

We've Got Your Back

If you need someone to talk to that will understand what you've been through please come to one of our key stops.

For immediate assistance call:

888-457-4838



Route Link



Facebook Page Link



To register for the march, donate to the cause, or for more info:

<https://www.facebook.com/MadisonOperationRuck22>

OperationRuck22@Gmail.com

Or Call: 608-960-8180

All funds will be donated to:

Back to Basic Training (B2BT)

Cover Me Vet, Connected

Warriors, and Pets for Vets

All 501(c)(3) Organizations