

HUSKY RUCK MEMORIAL 10K

CPL MARK GOYET MEMORIAL FOUNDATION, INC

Frequently Asked Questions

Hello, and thank you for your interest in participating in our event this year! My name is Greg Johnson and I'm the Race Director for the Husky Ruck Memorial 10k. I hope everyone is excited about joining us on GAMEDAY! There is a WEALTH of information for everyone this year so in order to better spread this information, we have created a running list of frequently asked questions to answer some of the most common questions we receive leading up to this event. If your question is NOT listed below (or not answered adequately), please feel free to email us at HRM10K@gmail.com and we will be sure to respond as soon as we can (usually within 24 hrs). Thank you for your continued support and we look forward to seeing you all VERY soon!

1) What is a ruck?

The definition can be as simple as walking around with a backpack on a hike or as difficult as moving quickly with all your military gear, loaded for bear, over rugged terrain, infiltrating to your objective. The purpose of this event is to experience and overcome the challenges which lay before us -- much like our military service members do every day.

2) Am I required to bring my own pack?

Yes, all participants must bring their own packs for the event. Could be an actual rucksack or a backpack or anything you choose to carry along with you throughout the course.

3) Am I required to carry a minimum weight in my pack?

At the Husky Ruck, we do not require ANY amount of weight to put in your pack for this event. We simply ask that you carry whatever you feel would be a good challenge for yourself over the 10k course and do it in honor of Cpl Goyet. Regardless of the weight you choose, packs are dropped prior to the obstacle course and transported to a pickup location just before the finish line so don't worry about trying maneuver the course with a pack on your back!

4) What might a good weight be to carry in my pack if I wish to challenge myself?

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Every person will be different, though it would not be uncommon to see participants carry 25-35lbs in addition to their water weight. However, we cannot stress enough that whatever weight you choose is SOLELY based upon your own discretion! We all come from different walks of life and have different levels of training prior to events like these. Our suggestion is to hit the trails beforehand so you have a good idea of what weight is right for you.

5) Is there a recommended gear list for this event?

There is no list of items you are required to bring. HOWEVER, through our experience we very much encourage everyone to pack at least two liters of water, an extra pair of socks (or two), proper footwear (with ankle support if possible), and a great attitude! Stay motivated, always take care of your feet and when your pack gets to be too heavy – *DRINK WATER!!!*

6) What must I do to be eligible for prizes?

In order to be eligible for prizes, each participant must ruck the entire 10k course with a pack (with the exception of the obstacle course) and complete The Crucible in its entirety. Packs will be weighed prior to the start of the event, though completion of the O-Course will be based upon the honor system.

7) What type of obstacles will The Crucible consist of?

The obstacle course consists of about 15-20 low impact, high endurance obstacles that will definitely test your abilities after the ruck portion of our event. However, if any obstacles seem too difficult to take on, they are not required to be completed. The only caveat of this is that prizes are only eligible for those who both carry a pack and complete the O-Course in its entirety. Examples of some of our obstacles include low crawls, culvert crawls, water slide, tire gardens, scaling walls, and other obstacles of this nature.

8) Where does the money go that is raised during this event?

All revenue from this event is raised for the Cpl Mark Goyet Memorial Foundation and used to create scholarship opportunities for veterans at the University of Southern Maine at a ratio of 25% and 75% respectively. IN ADDITION, the USM Foundation has generously agreed to match DOLLAR-FOR-DOLLAR all incoming funds used to support this scholarship in Mark's name when raised via the Husky Ruck Memorial 10k. THIS IS HOW YOUR MONEY EARNS!

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9) Is this a family-friendly event?

Absolutely! At our inaugural event, our youngest competitor was 4 years old. Our oldest competitor was 75. BOTH competitors carried a pack and completed the obstacle course in its entirety! Pretty amazing? Yeah, we think so 😊

10) I have never been in a race before, I am not really in that great of shape. Is this race for me?

Even though this is a race, emphasis is NOT focused upon the competition. Participants will walk, run, or jog their way to the finish line at their own pace. We DO ask that if you see anybody struggling along the way, stop and help them complete the course as well. Share water, help carry their weight, give motivation! We do NOT leave anyone behind! By upholding these selfless values, we continue to serve a greater purpose and by doing so, Mark lives on through the course of our actions!

11) What the heck am I getting myself into?

GREAT question! Only one way to find out! Register today at:

<https://runsignup.com/Race/ME/NewGloucester/HuskyRuckMemorial>

WE'LL SEE YOU THERE!!!

