

## **Ruck Challenge:**

- Top 3 overall male and female Ruckers - Ruckers will be pre-weighed before the race.
  - Ruckers Under 150 lbs must have a backpack with 20 lbs
  - Ruckers Over 150 lbs must have a backpack with 30 lbs
- Ruck weigh in of packs will be 20 minutes before the race at the starting line. Ruckers must bring their own packs and weight. Ruck weight must be on the athlete at all times. No specific pack must be used.

[If you would like more information about rucking, click here](#)