

50 MI

PHILADELPHIA STAR COURSE HIT LIST

1. Communications Plan

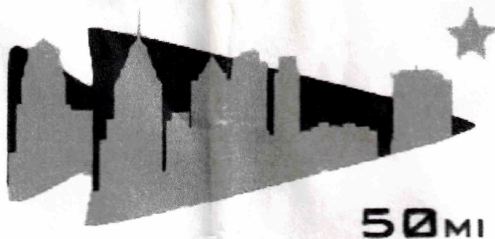
Instance	System	Phone #// Handle	From	To
Event Starts	Cadre Command	N/A	Event Coordinator	Participants
waypoint #hashtag	INSTAGRAM	@goruckstarcourse	Team Captain	Remote Support
Life Threatening Emergency	Mobile Phone	911 (Call)	Team Captain / Participant	911 Operator
Non-Life Threatening Emergency	Mobile Phone	(443) 465-4743 (Call or Text)	Team Captain / Participant	Event Coordinator
Team or Individual DROP from event	Mobile Phone	(443) 465-4743 (Text)	Team Captain / Participant	Event Coordinator

2. Team / Individual Drop Procedures.

- a. Text Event Coordinator via (443) 465-4743 the following information:
 - (1) "DROP"
 - (2) "Team Name"
 - (3) "Individual(s) Full Name"
 - (4) "Reason for dropping"
 - (5) "# of remaining teammates continuing ruck"
 - (6) Example: "DROP / Team Weirdos / Bomber Bash / Sore Feet / 3 continuing ruck"
- b. \$20 cab fare. This is a requirement so participants who can no longer continue have money for transportation to their lodging.

3. Waypoint Requirements: You will receive a Hit List at the onset of the event with required waypoints. At each waypoint, you will be responsible for posting a picture of your team to Instagram with the designated tags. This will serve as verification of your mileage, and by the end you will have a great album of photos to document the experience. The Instagram instructions will be sent via a separate email.

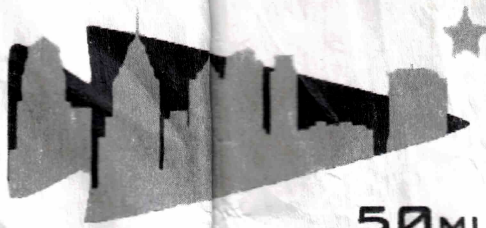
4. Cadre Stations: Cadre will be positioned at different stations along the route to provide basic assistance and subsistence. These are not full service stations, please plan accordingly.



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5. Rules

- **The course will be at least 50 miles.** You and your team can hit the waypoints in whatever order you want (good strategy helps), but **YOU MUST HIT ALL WAYPOINTS WITHIN THE TIME HACK TO EARN THE PATCH.**
- **Finishing Solo:** If, and only if, the rest of your team drops for whatever reason, you can continue solo. If you hit all the waypoints within the allotted time, you'll earn the patch. You are not eligible for any prize money. If this happens, we recommend you link up with another team if possible (you'll still have to post your own pics) to make it more fun as a shared experience. To be clear, **YOU MUST HIT ALL WAYPOINTS WITHIN THE TIME HACK TO EARN THE PATCH.**
- **Weight Standard:** Each participant will have a 10 or 20 lb Ruck Plate (or equivalent in non-consumable weight) in their rucksack at the Start Point. If you are under 150 lbs, you are required to carry a 10 lb Ruck Plate and if you are over 150 lbs, you are required to carry a 20 lb Ruck Plate. GORUCK Cadre will verify weight at the end of the event.
- **Distributing Weight:** Keep your Ruck Plate (or equivalent) per participant with you at all times. You may cross load with your buddy/team members as desired, i.e. one of you may carry 40 lbs and the other 0 if you want.
- **Start and Endpoint Photos:** You are required to post a picture with you and your teammates at the Start Point and End Point. These are required waypoints on the Hit List.
- **Purchasing Food and Drink:** Purchasing food and/or drink along your route at anytime is authorized.
- **Support Teams:** Meeting outside individuals for re-supply is allowed. They may not physically aid or assist your movement in any way; honor code in effect.
- **Rucking Only:** No method of transportation is authorized except rucking.
- **Local Traffic Laws:** Obey all traffic laws (and all the other laws, too) while participating.
- **Take out what you take in.** Use trash receptacles where available. GORUCK will provide trash receptacles at the aid/water stations, at the initial start point and end point.
- **Share the Road:** Remember to share the sidewalks, paths and or trails. Teams should be considerate of others while moving throughout the area, especially around historical landmarks and memorials.



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WAYPOINTS

✓ **Paine's Park** - Martin Luther King Jr. Dr & Benjamin Franklin Pkwy

Opened in 2013 along the Schuylkill River Trail, this skate park was built to combine skateboarding, architecture, and city planning. It houses events year-round. #painespark

✓ **Eastern State Penitentiary** - 2027 Fairmount Ave

This prison was operational from 1829 until 1971 and once housed gangster Al Capone. Now a museum, it also houses 'Terror Behind the Walls' in October, an extreme haunted house experience. #esp

✓ **LOVE Park** - Arch St

Loev Park is located across the road from city hall and was designed as a terminus for the Benjamin Franklin Parkway. Build in 1965, the park sits atop an underground garage. 23 LOVE Sculptures exist in the US and over 30 more worldwide. Take your photo in front of this one. #LOVEpark

✓ **Lion w/ Snake. Rittenhouse Square** - 1948 Walnut St.

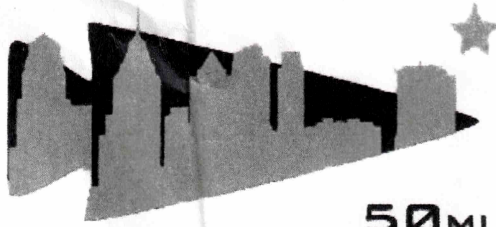
"Lion Crushing a Serpent" was cast in 1891 by artist Antoine-Barye. His work at the time was considered radical, as he used animals as symbols of human emotions. In this work, the Monarchy lion crushes Evil in the form of a snake. #RittenhouseSquare

✓ **Philadelphia City Hall** - 1400 John F Kennedy Blvd

This ornate building was constructed from 1871 to 1901 within Penn Square and cost \$24 million to complete. It is topped by a statue of William Penn, city founder and namesake. Take your photo with one of the many statues surrounding city hall, city influencers who went on to do great things #cityhall

✓ **Ben Franklin at College Hall** - University of Pennsylvania

College Hall is the oldest building on the West Philadelphia campus of the University of Pennsylvania, completed in 1873. The characteristic green color of the building is due to its composition of green serpentine stone. Take your picture with Benjamin Franklin, seated in front of College Hall #CollegeHall



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Congress Hall - Chestnut St & S 6th St

✓ Congress Hall served as the seat of the United States Congress from December 6, 1790 to May 14, 1800. During Congress Hall's duration as the capitol of the United States, the country admitted three new states, Vermont, Kentucky, and Tennessee; ratified the Bill of Rights of the United States Constitution; and oversaw the Presidential inaugurations of both George Washington and John Adams. #CongressHall

Tomb of the Unknown Revolutionary Soldier - Washington Square

✓ The Tomb of the Unknown Soldier lies within Washington Square, one of the five public parks drawn up by William Penn in his 1682 blueprint for Philadelphia. Shortly after the square was laid out, however, it was being used for a wholly different purpose — as a potter's field. Burials in Washington Square started in 1706 and continued for nearly 90 years. #unknownsoldier

Magic Gardens - 1020 South St

✓ Philadelphia's Magic Gardens is a non-profit folk art environment and gallery created by artist Isaiah Zagar. The Magic Gardens spans three city lots, and includes indoor galleries and a large outdoor labyrinth. The mosaics are made up of everything from kitchen tiles to bike wheels, Latin-American art to china plates. Take your photo at its eclectic front entrance #magicgardens

Old City Hall - Chestnut St & S 5th St

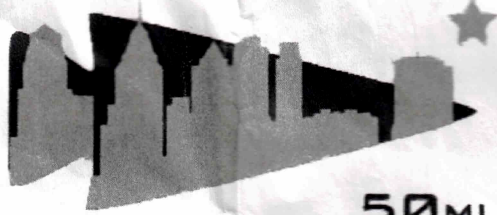
✓ Originally intended as Philadelphia's City Hall, Old City Hall served as the home of the U.S. Supreme Court from the completion of its construction in 1791 until 1800, when the national capital was moved to Washington, D.C. You can book a tour inside where the original courtrooms exist. #oldcityhall

Fireman's Hall Museum - 147 N 2nd St

✓ Philadelphia is the birthplace of the first volunteer fire companies. In 1736, Benjamin Franklin created the first fire brigade called The Union Fire Company that operated out of this original building. Now, it houses a Firehouse Museum. #firemanshall

Elfreth's Alley - 124-126 Elfreth's Alley

✓ This historic alley dates back to 1702. Among the alley's residents were tradesmen and their families, including shipwrights, silver and pewter smiths, glassblowers, and furniture builders. In the 1770s, one-third of the households were headed by women. The Georgian and Federal-style houses and cobblestone pavement of the alley were common in Philadelphia during this time. #elfrethsalley



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The Italian Market - South 9th Street Curb Market

✓ The social and commercial centerpoint to the Italian community in Philadelphia, also now heavily influenced by the Hispanic community. Italian immigrants began moving to this area in 1884, when Antonio Palumbo began receiving Italian immigrants into his boardinghouse.

#italianmarket

Geno's Steaks - 1219 S 9th St

✓ This cheesesteak location was opened in 1966, Geno's sits directly across the street from its competitor, Pat's King of Steaks. Geno's claims to have sold up to 4,500 sandwiches daily.

#genossteaks

Battleship NJ - 100 Clinton St, Camden, NJ

✓ During World War II, New Jersey shelled targets on Guam and Okinawa, and screened aircraft carriers conducting raids in the Marshall Islands. During the Korean War, she was involved in raids up and down the North Korean coast, after which she was decommissioned into the United States Navy reserve fleets, better known as the "mothball fleet". She was briefly reactivated in 1968 and sent to Vietnam to support US troops before returning to the mothball fleet in 1969. Now it serves as a museum. #USCNJ

Lincoln Financial Field - 1 Lincoln Financial Field Way

✓ Home of the Philadelphia eagles, this stadium has a seating capacity of 69,176. #phillyeagles

Thomas Mill Covered Bridge - 8901 Forbidden Dr

✓ The Thomas Mill bridge is a historic, single-span, wooden covered bridge across the Wissahickon Creek in Fairmount Park, and the only remaining covered bridge in the Philadelphia area. #thomasmillbridge

Fort Mifflin - 1 Fort Mifflin Rd

✓ Also known as Mud Island Fort for the Island it was built on in 1771. During the American Revolutionary War, the British Army bombarded and captured the fort as part of their conquest of Philadelphia in autumn 1777. The United States Army began to rebuild the fort in 1794 and continued to garrison and build on the site through the 19th century. It housed prisoners during the American Civil War. #fortmifflin