



50MI

# WASHINGTON DC STAR COURSE

## 1. Communications Plan

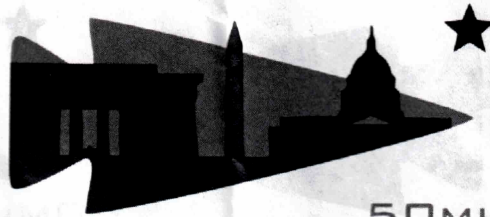
Instance	System	Phone #/ Handle	From	To
Event Starts	Cadre Command	N/A	Event Coordinator	Participants
waypoint #hashtag	INSTAGRAM	@goruckstarcourse	Team Captain	Remote Support
Life Threatening Emergency	Mobile Phone	911 (Call)	Team Captain / Participant	911 Operator
Non-Life Threatening Emergency	Mobile Phone	985-237-8119 (Call or Text)	Team Captain / Participant	Event Coordinator
Team or Individual DROP from event	Mobile Phone	985-237-8119 (Text)	Team Captain / Participant	Event Coordinator

## 2. Team / Individual Drop Procedures.

- a. Text Event Coordinator via 985-237-8119 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 hashtag. 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.



## WASHINGTON DC STAR COURSE

### 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.**
- **Waypoint Photos:** Each photo has two required elements: the Team and the Waypoint. Your team must be physically at each Waypoint with the point of interest featuring prominently in your photo. Photos taken from a distance will not qualify.
- **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 End Point 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.