



Rucking World Championship Participant Packet 2021

Hello Ruckers! We hope you are excited for the Rucking World Championships!

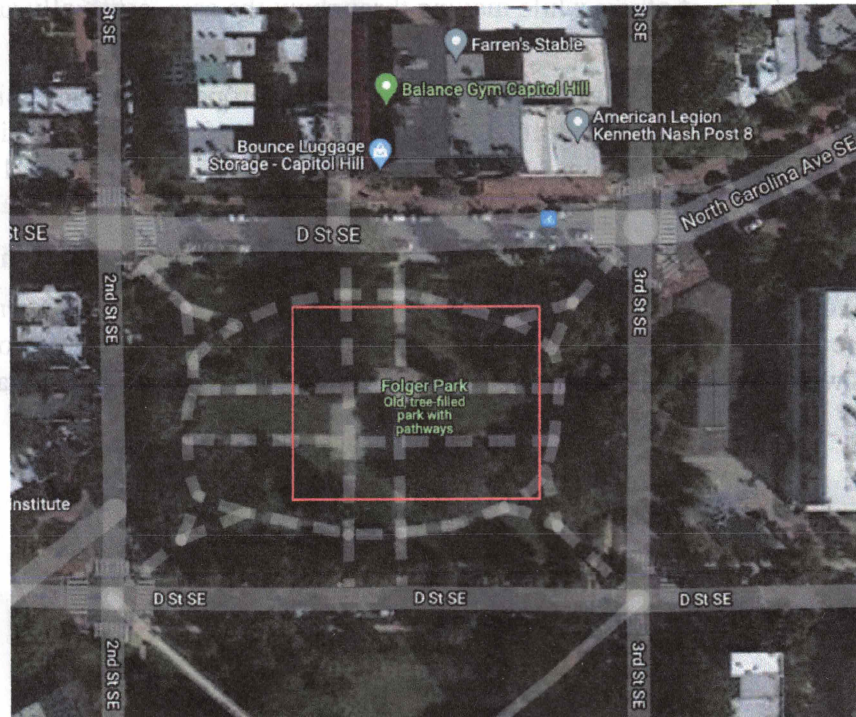
Please read this Participant Packet prior to the start of the event as it contains vital information.

Due to the COVID-19 situation we are asking that all participants bring the items below with them to this event and practice social distancing.

- Mask
- Hand Sanitizer/Wipes
- Work/Utility Gloves

Please note that you should not come to an event if you are feeling sick or experiencing any symptoms. It's imperative that you prioritize your health and the health of others.

Start Point: Folger Park Washington, DC 20003



Schedule of Event:

1. 11/19/21 at 7:00pm - Check-in Process
2. 11/19/21 at 8:00pm - Pre-Event Meeting (Folger Park)
3. 11/19/21 at 8:50pm - Participants assemble at Start Point
4. 11/19/21 at 9:00pm - Rucking World Championships promptly starts
 - a. Men's Individual Division will begin at 9:00pm
 - b. Women's Individual Division will begin at 9:15pm
 - c. Teams Division Wave 1 will begin at 9:30pm
 - d. Teams Division Wave 2 will begin at 9:45pm
5. 11/19/21 at 5:00pm - Cut off time/ end of event
 - a. Men's Individual cut off time: 5:00pm
 - b. Women's Individual cut off time: 5:15pm
 - c. Teams Wave 1 cut off time: 5:30pm
 - d. Teams Wave 2 cut off time: 5:45pm

Important Links/Info:

- **Event Dates:** 11/19/21-11/20/21
- **Event Facebook Page:** <https://www.facebook.com/events/377696886482403/>
- **Parking:** Extremely limited. We highly recommend public transportation or rideshare transportation to Start Point and from End Point.
- **Gear List:** Can be found on the event page: [Registration.goruck.com](https://www.goruck.com/registration)
- **Drop Bags.** You have a ruck to transport your supplies. Drop bags not permitted
- **Safety Precautions:**
 - All Participants must wear headlamps at night and times/areas of low light
 - Obey all traffic laws (and all the other laws, too) while participating
 - Remember to share the sidewalks, paths and or trails. Participants should be considerate of others while moving throughout the area, especially around historical landmarks and memorials
 - Don't walk through or trespass through private property to cut-off miles even if the route planning application has you walking through an area that is private or has no trespassing signs. As the website states you may find you and your team doing more than 50-miles to by-pass off limit areas
- **Course Hit List:** Participants will receive the coordinates to each point along the way.
- **Cadre/Volunteer Stations:** Cadre and volunteers will be positioned at different points along the route to provide basic assistance and the coordinates to the next point. These stations will have water and gatorade to refill your hydration bladders and nalgene bottles.

- **Awards:** It's about the journey, and finishing is a noble and worthy goal. But for those kindred spirits who want a little healthy competition, we're offering some Cash Prizes for the top 3 finishers of each division.

- **Cash Prizes:**

- 1st Place: \$3,500
- 2nd Place: \$1,000
- 3rd Place: \$500.00

Arrival/Check-in Process

All participants will meet at Folger Park. Please arrive **NO LATER THAN 8:00pm**. All participants are required to check-in on site. If you are in the Team division, both participants must be present to check-in.

After participants have checked in, please report to the weigh station to confirm weight requirements. You must use a ruck plate that clearly displays the weight on it. You must use a **GORUCK** rucksack for this event.

Drop Procedure

Text Cadre via Cadre Number (provided on coordinates sheet) the following information:

- (1) "DROP"
- (2) "Individual(s) Full Name"
- (3) Division
- (4) Ex: DROP, Bomber Bash, Men's Division

***Team Division, please note that if your teammate drops, you are both disqualified.

***Dropped participants will be responsible to transport themselves back to their lodging.

Medical Plan

- **Life Threatening Emergencies** (loss of consciousness, heat stroke, loss of life, limb, eyesight):
 - Call 911 immediately
 - Notify Cadre: via Cadre number
- **Non-Life-Threatening Emergencies** (sprained/broken bones, etc):
 - Notify Cadre: via Cadre number for further instructions

Rules

- The route you and/or your team choose will be your own, so choose wisely. The minimum distance possible will be just over 50 Miles. You can expect to see the best sites in Washington DC, and you can expect at least one long movement taking you to the outskirts, and possibly beyond. At each waypoint, you'll link up with a Cadre/Volunteer and receive your next lat/long. Don't stop or slow down until you cross the actual finish line, remember to be prepared for anything.
- **Cut off time:** If you come in under 20 hours, you will earn the patch. If you don't, there's always next year.
- **Weight Standard:** Men are required to have a 30lb Ruck Plate and women are required to have a 20lb Ruck Plate. Fixed weight required; meaning, no sand in a sandbag or dirt. Required weight must be in a single unit, no mixing or matching weight (one Ruck Plate, not two), and must clearly display the weight on it. The Cadre will ensure that you have your weight at every waypoint.
- **Purchasing Food and Drink:** Purchasing food and/or drink along your route at any time is authorized. Water and gatorade will be provided at each point.
- **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.



Have an account?

← **Rucking World Championship: Washington, DC 11/19/2021 21:00**
November 19th, 2021 @ 9:00pm EST

\$169 [Sign Up Now!](#)



About this event

Date & Time

Friday, November 19, 2021 21:00

Start Point

Folger Park

247-255 D Street SE, DC, DC

A PRESIDENTIAL SPECIAL FORCES RUCKING CHALLENGE

In 1908, Teddy Roosevelt issued an executive order to members of

"Do 50 miles in under 20 hours."

Pretty straightforward, eh?

In JFK's time it became a national craze, a challenge accepted by American people. Claims not too dissimilar to those made these days.

We believe those doubting the generations of today are looking in the rearview mirror for some way to push ourselves to those new limits, and to include 2 person mixed teams with increased weight for both men and women.

Rucking is the foundation of Special Forces training and the GORUCK and you get a lot of miles to your next waypoint. You plot your route, then you ruck for a lot of miles.

Echoing Teddy Roosevelt and JFK and adding in our own Special Forces Rucking World Championships:

- 50+ miles (always be prepared for the unexpected)
- 50 miles in 20 hours or less
- Weight Requirement: Men 30 lb / Women 20 lb
- 3 Divisions: Men, Women, and Teams Open
- Cash Prizes for each Division: 1st = \$3,500, 2nd = \$1,000, 3rd = \$500

Top three finishers in the Men's Individual, Women's Individual, and Teams divisions receive 1st, 2nd, and 3rd place patches. All others who finish under 20 hours receive a 4th place patch.

HOW TO QUALIFY

In order to qualify, you must have successfully completed one of the following events:

- GORUCK 50 Miler
- GORUCK 26.2 Miler
- GORUCK Heavy Event

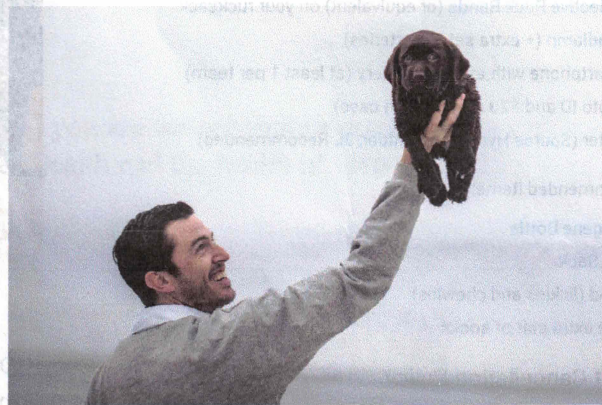
Where

247-255 D Street SE, DC, DC
Washington, DC
[View Map](#)

When

November 19th, 2021 @ 9:00pm EST

Event Cadre



Jason

Army Special Forces
Iraq, Africa, Europe

Jason started GORUCK so Monster could fulfill his destiny to become President of GORUCK Nation. And yeah, Lion King eat your heart out.

Event Cadre

Welcome!

By using this website, you agree to our use of cookies. We utilize cookies to give you the best experience and to make our website operate effectively. [Read our Privacy Policy](#)

[Help](#)



Have an account?

and/or your team choose will be your own, so choose wisely. The sites in Washington DC, and you can expect at least one long move

Prior to starting the clock, we'll ensure that you make a successful Cadre and receive your next lat/long. Don't stop or slow down until

RULES

- The course will be at least 50 miles.
- Three divisions: Men's Individuals, Women's Individuals, and Teams
- Teams are 2 participants. If your teammate drops, you are both out
- You must use a GORUCK ruck (Speed Rucker recommended), not a pack
- Weight Standard: men will have a 30 lb GORUCK Plate and women will have a 20 lb GORUCK Plate and worn on a ruck or dirt. Required weight must be in a single unit, no mixing or mixing of units. Cadre will ensure that you have your weight at every waypoint.
- Keep your 20 or 30 lb Ruck Plate per participant with you at all times
- Purchasing food along your route at any time is authorized.
- Support teams for resupply are authorized. Cadre and event staff will be present at all waypoints.
- No method of transportation is authorized except rucking.
- Follow any additional instructions or rules from the Cadre.
- Obey all traffic laws (and all the other laws, too) while participating
- Cut-off time: 50 miles in 20 hours or less.

WHAT TO BRING

Required items:

- Ruck Plate, 30 or 20 lbs
- Rucksack (GORUCK Speed Rucker Recommended)
- Reflective Ruck Bands (or equivalent) on your rucksack
- Headlamp (+ extra set of batteries)
- Smartphone with external battery (at least 1 per team)
- Photo ID and \$20 cash (just in case)
- Water (Source Hydration Bladder, 3L Recommended)

Recommended items:

- Nalgene Bottle
- Dry Sack
- Food (lickies and chewies)
- One extra pair of socks

Event Cancellation Policy

- Transfers and refunds are not allowed for this event (NO EXCEPTIONS)

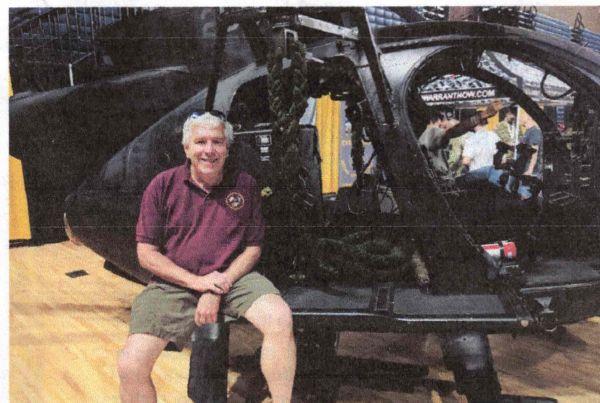


Mocha Mike

Army Special Forces
Iraq, Middle East, Asia

Ranger Bat, endurance events, and the life of a Green Beret made Mocha the million dollar man. As in, that's how much hardware he has in him. He loves his family, long walks with the four legged kids and 8-shot mocha's!

Event Cadre



Igor

Army Special Operations
Europe, Middle East, Horn of Africa

Spent 14 years in Army Special Operations and is now a Washington Bureaucrat continuing to contribute to our Nation's Defense! Father of 5 awesome young adults and living life to the fullest.

Facebook Page

<https://www.facebook.com/events/377696886482403/>

Welcome!

By using this website, you agree to our use of cookies. We utilize cookies to give you the best experience and to make our website operate effectively. [Read our](#)

[Privacy Policy](#)

I Accept