



Honoring our Veterans Ruck Event
Saturday November 14th, 2020 - Osage Hills State Park
Swimming Pool area - Starts at 1100 hrs. (11:00 am)

What is a "Ruck" or "Rucking"? Military name for brisk walk with a "ruck sack" or pack on your back. Civilian term is backpacking! A form of fitness that meshes cardio and resistance training together, gets you outdoors, and you can participate with friends.

- What do you need? The event free of charge,
- bring a backpack with a minimum of 10 pounds up to 35 pounds (adults) in your pack (ruck)
- comfortable shoes (hiking, boots, or what you may have).
- Water and snacks will be available before and after event. Wear clothing to fit the weather on the day.

Come out and ruck with us. We will have a few course challenges (military style) along the route. Sign up early by October 23rd and submit your veteran's name, branch of service, and era served to have their name placed on the event t-shirt. All of the veteran names entered by date, will be listed.

Rucking in honor of: _____ (Deadline October 23rd)

Example (Joe Sailor, WWII Era, US Navy)

Contact: Public Health Nursing – jaime.clark@osageanation-nsn.gov 918-287-5482 or

Fitness Center – hpowell@osageanation-nsn.gov 918-287-1097 for more information.

Must have an application for each person that will be entering the run.

Name: _____ Age on Race Day: _____ DOB: _____ Sex: M F

Address: _____ City: _____ State: _____

Zip: _____ Phone: _____

T-Shirt Size: Child Med Child Large Adult sizes: SM MED LG XL 2XL 3XL 4XL

PLEASE READ AND SIGN THE PARTICIPATION WAIVER BELOW

I know that hiking/rucking is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume any and all risks associated with running this event including, but not limited to falls, contact with other participants, the effects of weather and the conditions of the roads and trails and all such risks being known and appreciated to me. I also understand that although Osage Nation Police Department protection will be provided, there will be a possibility of traffic on the course, and by signing I assume the risk of rucking that is at least partially occurring on a public roadway. Furthermore, I agree to yield to all emergency vehicles. I am fully aware that wheels of any kind are strictly prohibited and I agree not to have them on the course. Furthermore, I agree not to go back on to the course after finishing. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, officials, volunteers, local and state police including any and all of their agents, employees, assignees, volunteers, or anyone acting on or for their behalf from any and all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event whether same be caused by negligence of fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants permission to sponsors and/or agents authorized by them to use any photos, videotapes, motion pictures, or any other record of this event for any purpose. This Waiver shall be governed and construed pursuant to the laws of the Osage Nation. Participants must be present the day of the event to obtain t-shirt. Signature is required to participate. Minors accepted only with a parent or guardian signature.

Signature: _____ Date: _____

Parent or Guardian Signature: _____ Date: _____