

Montco Veterans! Develop Your Pack Mentality.

# Montco Ruck



## WHY RUCK?

- Raise awareness of the Veteran community
- Elevate your heart rate
- Improve your overall work capacity and endurance

## HOW DO I SIGN-UP?

- E-mail [rfox@montcopa.org](mailto:rfox@montcopa.org) or
- call 610.278.3285/484.674.6542
- Limited to 20 spots

All rucks are held in August on Mondays, 900 to 1200.

### 8/3 - THE OFFICER

[Norristown Farm Park]  
Park at 400 N. Whitehall Rd.  
Norristown, PA 19401

### 8/17 - THE GROUND POUNDER

[Schuylkill River Trail]  
Park at Jacobs, 2 Ash St.  
Conshohocken, PA 19428

### 8/10 - DAUNTLESS

[Lower Perkiomen Park]  
Park at 101 New Mill Rd.  
Norristown, PA 19403

### 8/24 - THE BOOT

[William Rahmer Memorial Park]  
Park at Snoozy's, 390 PA-73  
Schwenksville, PA 19473



Montgomery County  
Department of  
Health and Human Services

Office of Veterans Affairs

**Must bring a facemask!**