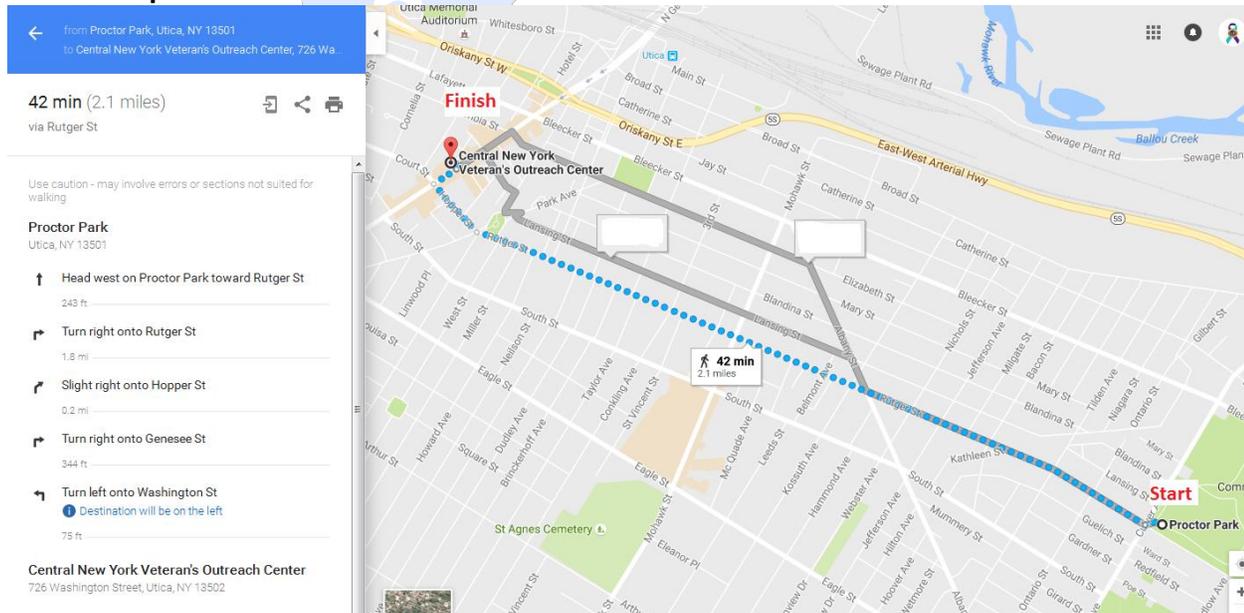


# Participant Information

## Course Map



## Participant Donations

- Walk participants are encouraged to **bring toiletries and food items** to donate to the Veteran's Outreach Center for distribution to area veterans.

## Swag

- Participants who bring toiletry and food items to carry in their rucks for donation to the VOC will receive a free event t-shirt.
- Event t-shirts will also be available for purchase at the walk.

## Registration

- Transfers are an option for participants who have signed up and would like someone else to walk in their stead. This can be done through your registration at [RaceEntry.com](http://RaceEntry.com).
- No Refunds will be allowed. \$25 fee for returned checks.

## Parking

- Parking is available at FT Proctor Park, in the lot off of Rutger Street.

## Shuttle

- A shuttle back to FT Proctor Park will be available for participants from the Resource Fair at The Radisson Hotel on Genesee St. from 1:30-3:00pm.

## Pets and Strollers

- Only Certified Service Animals will be allowed on the walk.
- Strollers are allowed.

## Handicap Accessibility

- Participants or volunteers with special transportation needs are asked to contact the events coordinator at [uticaruckwalk@gmail.com](mailto:uticaruckwalk@gmail.com) at least two days prior to the walk to ensure that accommodations are available.
- The facilities at The Radisson Hotel on Genesee St. for the after-walk social event are handicap accessible.

## Event Information

**General Overview:** The Utica Ruck Walk for Veteran Suicide Awareness is a walk through the city of Utica, NY. Participants will carry donations for the Central New York Veteran's Outreach Center in their "rucks," and will participate in a post-walk Resource Fair, where they will have the chance to talk to representatives from a variety of veteran's assistance organizations, with a focus on suicide awareness and prevention resources for both veterans and their families, friends and neighbors.

**Date:** Sunday, October 02, 2016

**Start Time:** 11:30am

**Arrival Time:** 10:00am (recommended)

**Start Location:** FT Proctor Park in East Utica, off of Rutger St (**GPS Address:** 1938 Rutger St, Utica, NY 13501)

**Distance and Course:** 2 miles. Starts at FT Proctor Park in East Utica and ends at the Central New York Veteran's Outreach Center on Genesee St

**End Time:** The Resource Fair at the Radisson Hotel will end at 3:00pm

**Charity:** All profits will be donated to the Central New York Veteran's Outreach Center

**Post-Race:** Resource Fair with complimentary food and cash bar at The Radisson Hotel on Genesee St.

**Resource Fair:** Representatives from 10 different area veteran's services organizations will be available to discuss their programs and services

**Shuttle:** A shuttle van back to FT Proctor Park will be available for pickup at The Radisson Hotel on Genesee St. from 1:30-3:00pm.

### FAQs

How do I sign up?

- Register for the Utica Ruck Walk for Veteran Suicide Awareness on RaceEntry.com.
- Follow us on Facebook at "Utica Ruck Walk"

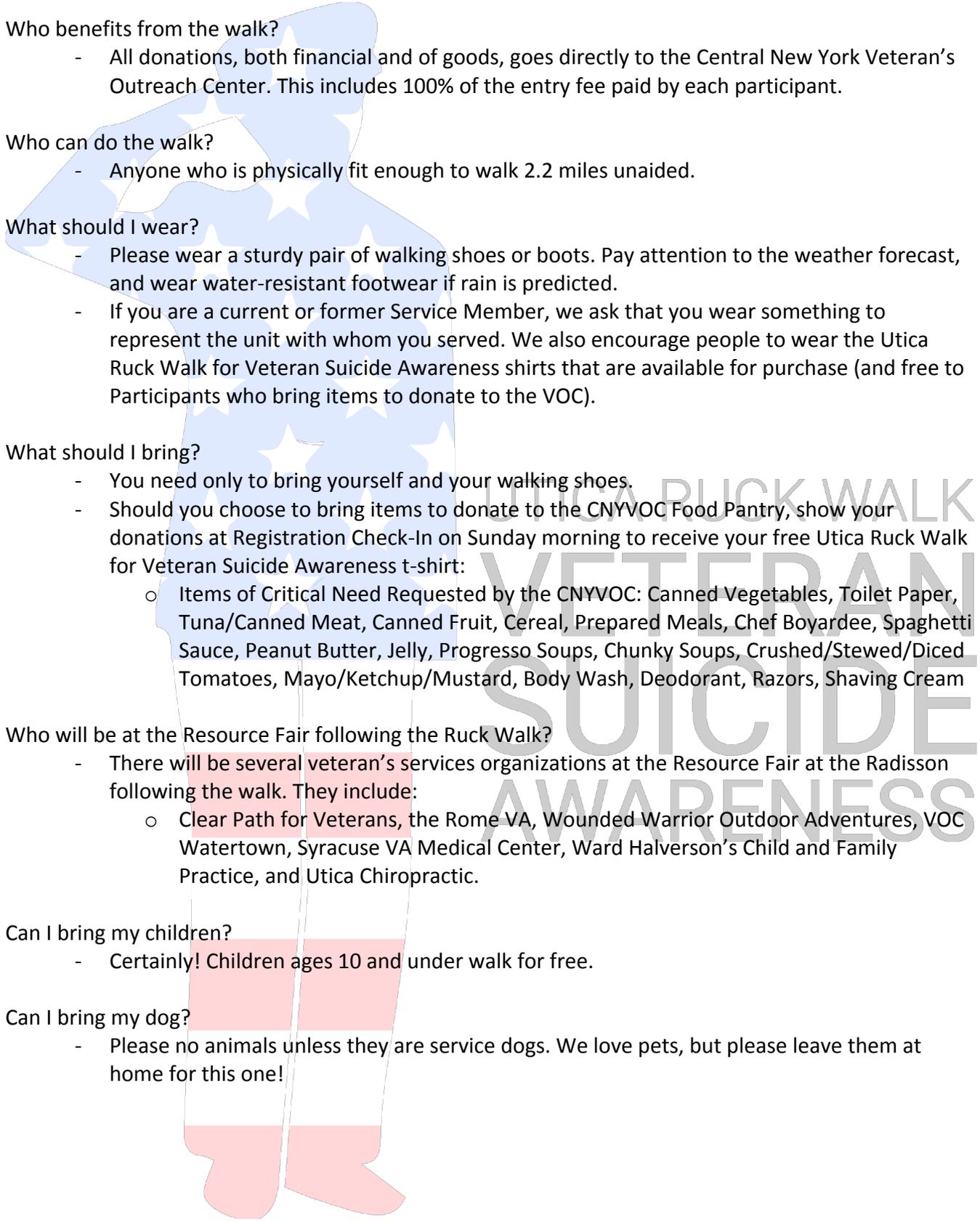
How far is the walk?

- The walk is 2.2 miles, down the sidewalks along Rutger St, to the Veteran's Outreach Center on Washington Street. The course is mostly flat, with a few low-degree inclines.

How long will the walk take?

- The walk should take between 45 minutes to an hour, depending on traffic.

UTICA RUCK WALK  
VETERAN  
SUICIDE  
AWARENESS



Who benefits from the walk?

- All donations, both financial and of goods, goes directly to the Central New York Veteran's Outreach Center. This includes 100% of the entry fee paid by each participant.

Who can do the walk?

- Anyone who is physically fit enough to walk 2.2 miles unaided.

What should I wear?

- Please wear a sturdy pair of walking shoes or boots. Pay attention to the weather forecast, and wear water-resistant footwear if rain is predicted.
- If you are a current or former Service Member, we ask that you wear something to represent the unit with whom you served. We also encourage people to wear the Utica Ruck Walk for Veteran Suicide Awareness shirts that are available for purchase (and free to Participants who bring items to donate to the VOC).

What should I bring?

- You need only to bring yourself and your walking shoes.
- Should you choose to bring items to donate to the CNYVOC Food Pantry, show your donations at Registration Check-In on Sunday morning to receive your free Utica Ruck Walk for Veteran Suicide Awareness t-shirt:
  - o Items of Critical Need Requested by the CNYVOC: Canned Vegetables, Toilet Paper, Tuna/Canned Meat, Canned Fruit, Cereal, Prepared Meals, Chef Boyardee, Spaghetti Sauce, Peanut Butter, Jelly, Progresso Soups, Chunky Soups, Crushed/Stewed/Diced Tomatoes, Mayo/Ketchup/Mustard, Body Wash, Deodorant, Razors, Shaving Cream

Who will be at the Resource Fair following the Ruck Walk?

- There will be several veteran's services organizations at the Resource Fair at the Radisson following the walk. They include:
  - o Clear Path for Veterans, the Rome VA, Wounded Warrior Outdoor Adventures, VOC Watertown, Syracuse VA Medical Center, Ward Halverson's Child and Family Practice, and Utica Chiropractic.

Can I bring my children?

- Certainly! Children ages 10 and under walk for free.

Can I bring my dog?

- Please no animals unless they are service dogs. We love pets, but please leave them at home for this one!