



5K RUCK MARCH



What is a "ruck"? It's a military style fast walk while carrying a weighted rucksack. In this case, the rucksack will be filled with food or items to donate. Fill your backpack with what you wish to contribute.

Ruck the Ville will benefit Immanuel Presbyterian Church and Edward Hines, Jr VA Hospital. We are asking participants to fill their rucksacks with non-perishable food items or items from the list below for Hines.

Suggested items for Immanuel Presbyterian Church:

Cereal, Mac & Cheese, Tuna, Ravioli, Spaghetti's, Pasta Sauce, Spaghetti, Canned Fruits & Vegetables, and Soup.

Suggested items for Hines:

Alcohol-free Aftershave, Alcohol-free Mouthwash, Chapstick or Lip Balm, Combs, Crossword Puzzle Books, Denture Adhesive, Denture Cleaner (Tablets), Deodorant, Disposable Razors, Hand & Body Lotion, Nail Clippers, New Undershirts, Underwear, Sweatpants, Sweatshirts (All Sizes), Playing Cards, Shampoo, Shaving Cream, Toothbrush, Toothpaste, New Winter Gloves & Hats, Word-find Books.

For more information, check out our website:

www.warrenvillelegion.org

WE'RE ENCOURAGING FRIENDS, FAMILIES, INDIVIDUALS AND NEIGHBORS TO JOIN US IN A FUN EVENT TO SUPPORT THE COMMUNITY.



ENTRY FEES

Y 12 & Under T-Shirt @ \$5

A Adult T-Shirt @ \$15 (2XL and above add \$2)

P Pocket Adult T-Shirt @ \$17 (2XL and above add \$2)

Entry Fee includes a

RUCK THE VILLE T-SHIRT

Entry Fee goes to cover programs sponsored by the American Legion.

COMBINED WEIGHT COMPETITION

The Legion is encouraging a "combined weight" competition. We are looking for groups to participate in a friendly competition. We would like to involve local Fire and Police Departments, Teachers, Schools, Sport Teams, Neighbors, Friends, Family Members and Branches of the Military to join.

Teams will consist of 4 persons. We encourage these groups to create multiple teams to show a great amount of support! There are no limits with groups, just pair into 4's.



The winning team members will each receive Ruck the Ville backpacks!

SIGN-UP

Complete this form and turn into Post 589 or sign-up online @ www.WarrenvilleLegion.org. Sign up as an individual or team; up to 4 people per team.

1. Name _____
 Shirt Size **Y** **A** **P** = \$ _____
2. Name _____
 Shirt Size **Y** **A** **P** = \$ _____
3. Name _____
 Shirt Size **Y** **A** **P** = \$ _____
4. Name _____
 Shirt Size **Y** **A** **P** = \$ _____
5. Name _____
 Shirt Size **Y** **A** **P** = \$ _____
6. Name _____
 Shirt Size **Y** **A** **P** = \$ _____

TOTAL: \$ 0



Make checks payable to:
American Legion Post 589

Mail to:

P.O. Box 1653 | Warrenville, IL 60555

warrenvillelegion.org



Warrenville American Legion Post 589 is committed to supporting veterans and our local community. The American Legion is our nation's largest and most influential veteran's service organization. The local post is the cornerstone of American Legion advocacy. Operating out of more than 13,500 local posts in all 50 states and around the world, the 2.4 million member American Legion is dedicated to four pillars of service: Veterans, National Security, Youth and Americanism. Help us fulfill this mission. Thank you for your support.

Questions:

rucktheville@gmail.com
or contact

Vince Morello-Commander Post 589
630-341-6886

SPONSORSHIP OPPORTUNITIES

We are looking for sponsors!
\$100 gets your company logo on the back of the event shirts and on the banner!



Bronze: \$100 T-Shirt & Banner
Silver: \$200 T-Shirt, Banner, 2 Burger Night Meals
Gold: \$300 All of the above plus name on Mile Signs
Platinum: \$500 All of the above & we will promote your business on our Facebook page

Name of Sponsor

Contact Person

Phone

Email

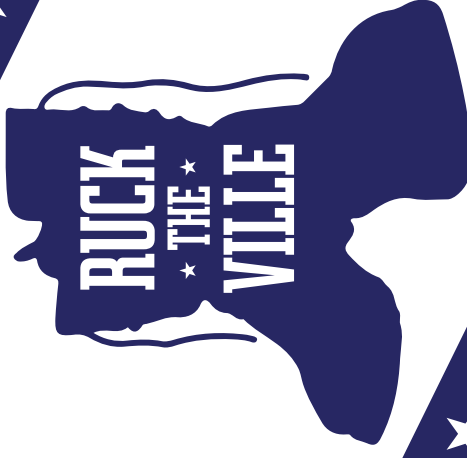
Sponsorship Amount

Make checks payable to: *American Legion Post 589*
Mail to: P. O. Box 1653 | Warrenville, IL 60555
or contact Commander Vince Morello
630-341-6886

Sponsorship applications must be received by 9.7.24



Warrenville American Legion
Post 589 presents
the 7th Annual



Saturday, October 5, 2024
8:30am Sign In
9:00am Start

Start/Finish at the American Legion Post 589
35371 Mignin Drive | Warrenville, IL 60555