



## 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](http://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](http://www.WarrenvilleLegion.org). Sign up as an individual or team; up to 4 people per team.

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

**TOTAL:** \$



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.



*Tier 1: T-Shirt \$100*

*Tier 2: T-Shirt & Banner \$200*

*Tier 3: T-Shirt, Banner & Mile Sign \$300*

\_\_\_\_\_  
*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 9.7.23*



Warrenville American Legion  
Post 589 presents  
the 5th Annual



**Saturday, October 7, 2023**

**8:30am Sign In**

**9:00am Start**

Start/Finish at the American Legion Post 589  
3S371 Mignin Drive | Warrenville, IL 60555