

## Richmond Star Course 26 Miler Participant Packet 2022

Hello Ruckers! We hope you are excited for the Richmond Star Course 26 Miler!

Please read this Participant Packet prior to the start of the event as it contains vital information.

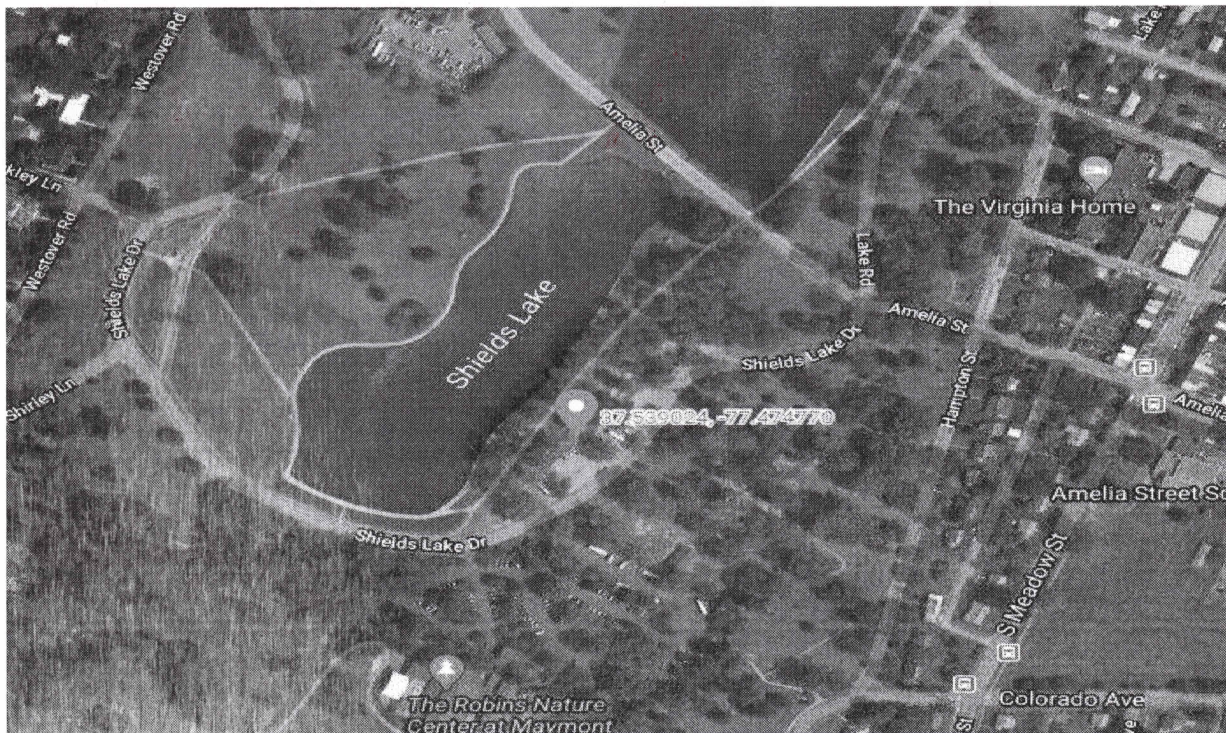
Due to the COVID-19 situation we are asking that all participants bring the items below with them to this event and practice social distancing.

- Mask
- Hand Sanitizer/Wipes
- Work/Utility Gloves

Please note that you should not come to an event if you are feeling sick or experiencing any symptoms. It's imperative that you prioritize your health and the health of others.

**Start & End Point:** William Byrd Park - 2201 Shields Lake Dr, Richmond, VA 23220

Meet at the parking lot space East of Shields Lake.



## Schedule of Event:

1. 3/25/22 (no later than 12pm)- Comms Check (via text message)
2. 3/26/22 at 5:00am - Pre-Event Meeting (William Byrd Park)
3. 3/26/22 at 5:50am - Teams assemble at Start Point
4. 3/26/22 at 6:00am - Star Course - 26 Miler promptly starts
5. 3/26/22 at 5:00pm - Cut off time/ end of event

## Important Links/Info:

- **Event Dates:** 3/26/2022
- **Team Registration Deadline:** By 8:00pm on 3/24/2022
  - Only Team Lead needs to fill this form out. If the form has already been completed, please do not fill it out again.
    - [Registration Form](#)
  - Please note that any last minute team changes can be reported to the Cadre/Admin
- **Event Facebook Page:** <https://www.facebook.com/events/650345002984272>
- **Route Planning App:**
  - All apps have some form of fee associated with them (participants are responsible for the fee)
  - Participants should have familiarity with their route planning app prior to the start of the event
  - Participants should obey all rules regarding trespassing on or through private property as well as obey all traffic laws, regardless of what the app produces for a route. Always keep safety as a priority over speed and distance of the planned route
  - Suggested Apps:
    - Route4Me
    - Road Warrior
    - inRoute Route Planner
    - Footpath (good application for use rural/urban trails show good detail)
    - All Trails (similar to Footpath good for use to confirm rural/urban trails shows good detail)
    - Google maps (free, but limited to the amount of points of interest you can upload/type in)
- **Parking:** Extremely limited. We highly recommend public transportation or rideshare transportation to Start Point and from End Point.
- **Gear List:** Can be found on the event page: [Registration.goruck.com](https://www.goruck.com)
- **Drop Bags.** You have a ruck to transport your supplies. Drop bags not permitted
- **Safety Precautions:**
  - All Participants must wear headlamps at night and times/areas of low light
  - Obey all traffic laws (and all the other laws, too) while participating
  - Remember to share the sidewalks, paths and or trails. Teams should be considerate of others while moving throughout the area, especially around

historical landmarks and memorials

- Don't walk through or trespass through private property to cut-off miles even if the route planning application has you walking through an area that is private or has no trespassing signs. As the website states you may find you and your team doing more than 26-miles to by-pass off limit areas
- **Course Hit List:** Star Course - 26 Miler Hit List will be provided at Pre-Event Meeting
- **Waypoint Requirements:** The Hit List will list the required waypoints. At each waypoint, you will be responsible for texting a picture of your team to GORUCK HQ via text message with the designated tags. This will serve as verification of your mileage, and by the end you will have a great album of photos to document the experience.
- **Cadre Stations:** Cadre will be positioned at different stations along the route to provide basic assistance and subsistence. These are not full-service stations, please plan accordingly.

## **Electronic Check-in**

Team Lead will receive a text message from GORUCK HQ on 3/25/2022 no later than 12:00pm.

Please be sure to reply “Yes” in order to complete your electronic check in and confirm communication with the remote scorer.

## **Arrival Process**

All teams will meet at William Byrd Park. Please arrive by 5:00am. All check-ins should be completed electronically via text. Team Leads will report any last minute changes to Cadre/Admin.

Upon arrival, please make sure that you are practicing proper social distancing. Only Team Leads need to approach the Cadre/Admin to report last minute team changes.

Teams will report to the weigh station to confirm weight requirements. If you are using a GORUCK ruck plate, please have them visible for the Cadre to see. If you are not using a GORUCK ruck plate, the volunteer will place your ruck on the scale. Once every team member's rucksack has been weighed, your team is ready to go!

## **Hand Off Procedure**

If Team Lead drops from the event, please be sure to text the new team number to GORUCK HQ.

- Ex: Team Lead drops-->Team Lead text drop to Cadre→ Team Lead text GORUCK HQ  
Team Member 2 phone number→ Team Member 2-->Text GORUCK HQ with team name to establish comms.

## Drop Procedure

Text Cadre via Cadre number (provided on hit list) the following information:

- (1) "DROP"
- (2) "Team Name"
- (3) "Individual(s) Full Name"
- (4) "# of remaining teammates continuing ruck"
- (5) Example: "DROP / Team Weirdos / Bomber Bash / 3 continuing ruck"

Dropped participants will be responsible to transport themselves back to their lodging.

## Medical Plan

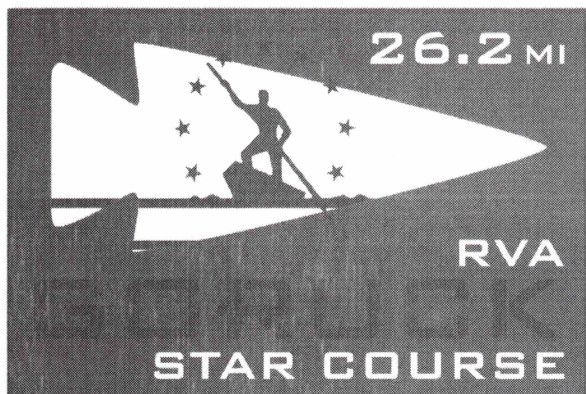
- **Life Threatening Emergencies** (loss of consciousness, heat stroke, loss of life, limb, eyesight):
  - Call 911 immediately
  - Notify Cadre: via Cadre number
- **Non-Life-Threatening Emergencies** (sprained/broken bones, etc):
  - Notify Cadre: via Cadre number for further instructions

## Communication Plan

Instance	System	Phone #// Handle	From	To
Event Starts	Cadre Command	N/A	Cadre	Participants
Waypoint #hashtag	Text Message	GORUCK HQ	Team Captain	Remote Support
Life Threatening Emergency	Mobile Phone	911 (Call)	Team Captain/Participant	911 Operator
Non-Life-Threatening Emergency	Mobile Phone	Cadre Number (Call or Text)	Team Captain/Participant	Cadre
Team or Individual <b>DROP</b> from event	Mobile Phone	Cadre Number (Text)	Team Captain/Participant	Cadre

## Rules

- The course will be at least 26 miles. You and your team can hit the waypoints in whatever order you want (good strategy helps), but **YOU MUST HIT ALL WAYPOINTS WITHIN THE TIME HACK TO EARN THE PATCH. Once you hit all the waypoints, you will receive a congratulatory photo via Text Message. This DOES NOT mean that you have finished the event. You will still need to RUCK to the finish line BEFORE 1700 and report to the Cadre.**
- **Cut off time:** If you come in under 11 hours, you will earn the patch. If you don't, there's always next year.
- **Solo Participants:** If you decide to participate in this event by yourself, you will be required to inform the Cadre that you are going solo prior to the start of the event. You will also be required to text the Cadre every hour with an update on your status. This is in addition to texting GORUCK HQ photos at the way points.
- **Finishing Solo when you started as a team:** If, and only if, the rest of your team drops for whatever reason, you can continue solo. You will be required to text the Cadre every hour with an update on your status. This is in addition to texting GORUCK HQ photos at the way points. If you hit all the waypoints within the allotted time, you'll earn the patch. If this happens, we recommend you link up with another team if possible (you'll still have to text your own pics). To be clear, **YOU MUST HIT ALL WAYPOINTS WITHIN THE TIME HACK TO EARN THE PATCH.**
- **Weight Standard:** Each participant will have a 10 or 20 lb Ruck Plate (or equivalent in non-consumable weight) in their rucksack at the Start Point. If you are under 150 lbs, you are required to carry a 10 lb Ruck Plate and if you are over 150 lbs, you are required to carry a 20 lb Ruck Plate. Weight will be verified at the beginning and end of the event.
- **Distributing Weight:** Keep your Ruck Plate (or equivalent) per participant with you at all times. You may cross load with your buddy/team members as desired, i.e. one of you may carry 40 lbs and the other 0 if you want.
- **Start Photos:** You are required to post a picture with you and **ALL** your teammates at the Start Point and each way point.
- **Way Point Photos:** You are required to **TEXT** a picture to GORUCK HQ with you and **ALL** your teammates at all the Way Points on the Hit List. **You must be as close to the way point as legally and safely as possible.**
- **Purchasing Food and Drink:** Purchasing food and/or drink along your route at any time is authorized.
- **Support Teams:** Meeting outside individuals for re-supply is allowed. They may not physically aid or assist your movement in any way; honor code in effect.
- **Rucking Only:** No method of transportation is authorized except rucking.



### About this event

#### Date & Time

Saturday, March 26, 2022 06:00

#### Start Point

William Byrd Park (Meet at parking area east of Shield Lake)  
2201 Shields Lake Dr, Richmond, VA 23220, Richmond, VA  
A LEGENDARY SPECIAL FORCES RUCKING CHALLENGE

In 490 BC, Greek messenger Philippides ran from the battlefield in Athens to Sparta to warn the Spartans of the Persian invasion. He ran the entire distance without stopping, bursting into the Assembly and saying "Spartans, help us!"

Seeking to recall the glory of ancient Greece and create a popular race we know today. Since then, the marathon has come to symbolize collective achievement.

Echoing ancient Greece plus our own Special Forces inspiration, the Star Course, the first rucking marathon of its kind:

- 26.2+ Miles
- Teams of 2-5
- 10 or 20 lb Ruck Plate on your back depending on your body weight
- 11 hours to complete

Finishers earn the 26.2-Miler patch, which will never be for sale.

#### HOW IT WORKS

You and your team of 2-5 (including you) show up at the Start Point. Your ruck plate choice will be your own, so choose wisely. The minimum distance is 26.2 miles.

Prior to starting the clock, we'll ensure that you make a successful team. You will be responsible for texting a picture of your team. This will serve to document the experience.

**NOTE:** This is not a Cadre-led event and there are no push-ups or sit-ups. Rules:

- The course will be at least 26.2 miles. You and your team can have a rest stop.
- Teams are between 2-5 participants. If and only if the rest of your team is under the allotted time hack, you'll earn the patch. If this is not possible, you can post your own pics) to make it more fun as a shared experience.
- Weight Standard: If you are under 150 lbs, carry a 10 lb weight (or equivalent in non-consumable weight) in their rucksack at the start. If you are over 150 lbs, carry a 20 lb weight (or equivalent in non-consumable weight) in their rucksack at the start.
- Keep your Ruck Plate (or equivalent) per participant with you at all times.

[Help](#)

### Where

2201 Shields Lake Dr, Richmond, VA 23220, Richmond, VA  
[View Map](#)

### When

March 26th, 2022 @ 6:00am EST

### Event Cadre



#### Igor

Army Special Operations

Europe, Middle East, Horn of Africa

Spent 14 years in Army Special Operations and is now a Washington Bureaucrat continuing to contribute to our Nation's Defense! Father of 5 awesome young adults and living life to the fullest.

### Facebook Page

<https://www.facebook.com/events/650345002984272>

- Meeting outside individuals is allowed (re-supply etc.). They may
- No method of transportation is authorized except rucking.
- Follow any additional instructions or rules written on your wayp
- Obey all traffic laws (and all the other laws, too) while participat
- Call 911 with any real world emergency. We will provide a phone
- Cut-off time: 11 hours to earn the patch.

**Register as an individual, ruck as a team (you are responsible for**

Includes: the opportunity to earn the finisher's patch, and a cold or

**WHAT TO BRING**

Required items:

- Ruck Plate, 10 or 20 lbs (or equivalent)
- Rucksack (Speed Rucker/Rucker or equivalent)
- Reflective Ruck Bands (or equivalent) on your rucksack
- Headlamp (+ extra set of batteries)
- Smartphone with external battery (at least 1 per team)
- Photo ID and \$20 cash (just in case)
- Water
- Face Mask (Optional)
- Hand Sanitizer/Wipes - 1 bottle Purell, 1 package of baby wipes

Recommended items:

- Source Hydration Bladder, 3L
- Nalgene bottle
- Food (lickies and chewies)
- One extra pair of socks
- Waterproof bag
- Strobe light

**THE FINISHER'S PATCH**

If you come in under 11 hours, you and your teammates earn the p  
Everyone earns a beer (and a hug) at the finish. We'll see ya there.

**EVENT CANCELLATION POLICY**

- Refunds are not allowed for this event
- Transferring registration to a different participant is not allowed
- Store credit in the amount paid for the registration will be issued

**People Also Signed Up For**



Star Course - 12 Miler: Richmond, VA 03/26/2022