



US Marine Corps veteran and wounded warrior, Gene Wu, and the [VEThack Foundation](#), in partnership with **Team Rubicon**, **Team RWB**, **Mission Continues**, **The Bob Woodruff Foundation**, **the FDNY**, **NYPD's 20<sup>th</sup> Precinct**, and **Veterans on Wall Street (VOWS)**, along with the operators from the **GORUCK** organization will be holding their **Second Annual Awareness Ruck March to End Veteran Suicide**. Our ultimate goal is to use cutting-edge technology in a professional research and development laboratory setting, combined with other proven therapies, to combat the devastating effects of Traumatic Brain Injury and Post Traumatic Stress.

For the uninitiated, rucking is the preferred mode of transportation to move troops in battle, generally with a heavy load of weapons and gear. The civilian version is simply walking in an organized formation with a loaded backpack.

The **GORUCK** organization will be leading the participants of the ruck march in an intense physical training session before we step off. This warm-up session will test your endurance and strength and get you thoroughly warmed up before the march.

Former Congressman Patrick Murphy, an OIF veteran and host of "Taking the Hill" on MSNBC, will also be in attendance to offer words of encouragement and motivation. We expect to have other surprise VIP guests drop by and offer their support as well. Our goal with the ruck march is to bring our veterans, their friends and family, and all those who support our nation's brave fighting men and women together in a safe, supportive, and fun platform where they can share their stories.

The Ruck March will be on Sunday, October 11, 2015, at the Maine Monument in Columbus Circle. There is no cost to participate. The ruck will begin at 1:15PM and conclude at approximately 6:00PM. Our brothers and sisters in blue with the NYPD's 20<sup>th</sup> precinct will be providing security and uniformed officers during the march, as well as hosting a post-march BBQ back at the precinct. If you would like to volunteer or ruck with us, Please check us out @ <http://www.vethack.org> and register for the ruck march @ <http://vethack.eventzilla.net>.