

FLORUCK 2020

What:

An event to honor our 3rd F Q and Veteran PAX, Flo, on his 3 Year F3 Anniversary and support his fight with Parkinson's.

All men are welcome.

When:

Saturday October 24, 2020

4 Phases – free to participate in all, some, or 1 Phase

Phase 1: FloRuck: 0500-0645

Phase 2: "Flo" Beatdown: 0700 – 0800

Phase 3: Scavenger Ruck: 0810 – 1000

Phase 4: 2nd F Tailgate: 1000 - 1100

Where:

Grace United Methodist Church

601 E. Boundary St.

Perrysburg, OH 43551



1st F Qs:

0500 Ruck: Mercy, Isosceles

0700 "Flo" Beatdown: Hazmat, TuPac, Casper, Raven, Jimmy Dean

0810 Scavenger Ruck: Jennay

1000 2nd F: Stark

2nd F will be tailgate style in Grace church

immediately following scavenger ruck portion. Bring your own food and drinks or gather them on stops during the scavenger ruck portion.

3rd F Component:

Habitat for Humanity – a drive to pledge 500 hours as F3 Black Swamp, with a commemorative FloRuck patch



Patch Requirements:

- Complete any/all segments of FloRuck 1st F events

AND/OR

- Pledge and Complete a minimum of 10 hours of service with Habitat for Humanity

(Suggested patch donation of \$5.00 to cover patch costs, but not required)

Patch design pays tribute to our support for the fight against Parkinson's Disease. The Tulip is a sign of hope and optimism. The three petals are a symbol of a three-sided mission "Hope through research, education and advocacy." The "F" in the middle is in honor of a true HIM within F3, our very own Flo.

Our hope, our ask, is that we use the strength and gifts we were given, and individually pledge a minimum of 10 hours with Habitat for Humanity to help us build a better community together!