



5k RUCK RUN NARRATIVE



Wednesday 10 Nov 2021 - 4:00 pm to 10:30 pm
Proposed For Las Olas Oceanside Park & Fort Lauderdale Beach

- 1. SITUATION**
- 2. MISSION**
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Project Courage Foundation - 1201 SE 2nd Court #208 - Fort Lauderdale, FL 33301 - 954-802-7402



PROJECT COURAGE 5k RUCK RUN



#1 SITUATION:

- There is a widening split between those who have taken the oath (12%) to serve, protect and defend the Constitution with those who have not taken that oath (88%).
- The number of sports officials who can officiate at high school sports events in the US is declining at an alarming rate. Some of the main factors responsible for this decline include:
 - poor remuneration,
 - verbal and physical abuse directed at officials,
 - limited career growth opportunities, and
 - dearth of young recruits.

#2 MISSION:

- To link the 12% with the 88%.
- Proceeds from the 5k Ruck Run will fund the certification 20 Veteran to become FHSAA referees, alleviating the growing shortage of scholastic referees in South Florida.

#3 EXECUTION:

PRE-RUCK RUN - The Present till 11/10/21 @ 1600hrs

- Secure permits, insurance, volunteers and equipment
- Create QR code boards



PROJECT COURAGE 5k RUCK RUN



EXECUTION

RACE DAY 11/10/21

- Weather forecast for November 10th, 2021 @ Las Olas Oceanside Park is generally dry with temperatures ranging 63°F to 80°F with sunset @ 5:34pm.
- @ 1600hrs we will use veterans will install food collection bins at the pavilion at Las Olas Oceanside Park, the Start, Finish & Turning Point chutes on the beach parallel to the park and on the beach parallel to the A1A entrance to Birch State Park
- Starting @ 1800 hrs weigh-ins will begin of certification runners' Rucks for the required 10 lbs of canned and/or dry food at the Las Olas Oceanside Park Pavilion. Certified runners will be issued a colored strobe light to wear on the front of their rucks
- **THERE IS NO MASS START** - RUNNERS WILL START BETWEEN 1830hrs AND 2030hrs.
- The Run is self-timed using the "Webscorer App" on their smart phone, QR Codes and scored on line for every entrant to see in real time.
- Runners scan the large, displayed QR code in the timing chute as shown on the site plan at start, turning point & finish.



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#3 EXECUTION *(cont'd)*

TIMING POINTS

- When crossing start, turn around & finish points, runners will scan the QR code on the boards using their smart phone cameras via the Webscorer App
- At the Finish runners will then proceed to the food drop off point and deposit their food goods in the appropriate bins.
- After which they will proceed to the gift station to pick up their “goody bag”.
- The last station is a U.S. Marine Corps Birthday toast.
- Awards will be distributed after the last team finishes either in person or by mail.

TEAR DOWN

- Starting at 2130 hrs the start chute will be dismantled after last runners start
- After the last runners pass through the turnaround and finish points those chutes will be dismantled.

#4 ADMINISTRATION

- Project Courage Foundation, a Florida based 501c3, EIN# 47-1319744



PROJECT COURAGE 5k RUCK RUN



#5 COMMAND & CONTROL PROJECT COURAGE

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THRILLER GRILLER

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