

# CAPITAL RUCK TOUR 2017



**Join Danny Stokes as The Capital Ruck Tour 2017 comes to YOUR CITY! He will journey to 48 State Capitols and lead an epic 20 mile Ruck March ending at each state capitol building, in order to strengthen our community of patriotic athletes and raise funds for Operation Enduring Warrior (OEW).**

## **Requirements:**

- **\$30 Registration: go to [www.CapitalTour2017.com](http://www.CapitalTour2017.com)**
- **20 lbs per ruck (or 20kgs for the big boys and big girls)**
- **Ruck must have reflective belt or lights attached, for vehicle safety**
- **Two Ruck Options: 20 Mile Rx Ruck or 5 Mile Scaled Ruck**



**50% OF  
PROCEEDS GO TO  
OPERATION  
ENDURING  
WARRIOR**

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