

RUCKUP22

NONPROFIT EVENT

GEAR
UP AND
MAKE A
DIFFERENCE



RUCK TO END THE SILENCE

Join us as we raise awareness for veteran suicide prevention and support the physical and mental wellness of our nation's veterans, active-duty service members, and their families.

Participants may ruck up to **22 miles** with a **22-pound** rucksack, but all supporters are welcome. Walk any distance, with or without a ruck, and stand alongside those who have served.



\$22 ENTRY

— INCLUDES OFFICIAL —
RUCKUP22 PATCH

REGISTER TODAY
RUCKUP22.ORG
INFO@RUCKUP22.ORG

— 2026 EVENT DATES —

★
WASHINGTON, D.C.
SEPTEMBER 26, 2026



★
HUNTSVILLE, AL
OCTOBER 24, 2026



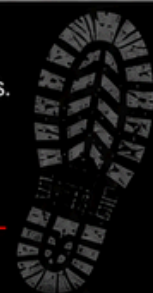
★
DAYTON, OH
OCTOBER 24, 2026



WHY 22?

Every day, veterans battle invisible wounds. RUCKUP22 exists to spark conversations, build community, and bring awareness to veteran suicide prevention.

Together, we can make a difference—
one step at a time.



EVERY VETERAN MATTERS.
EVERY CONVERSATION COUNTS.

TOGETHER, WE CAN SAVE LIVES.

WASHINGTON, D.C.



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VETERAN SUICIDE PREVENTION ★ COMMUNITY SUPPORT ★ MENTAL WELLNESS