

MEMORIAL DAY REMEMBRANCE RUCK MARCH

“EMBRACE THE RUCK”



Ruck up. Step out. Honor the fallen.

A “ruck” is the pack carried by service members—symbolizing strength, sacrifice, and shared burden. Join us as we carry that spirit forward in remembrance.

WHAT:

FREE 6.2-mile community ruck/walk hosted by Military Veterans of the Mount Prospect Police Department.

All are welcome — weighted rucks optional. Families, strollers, bikes, and leashed pets encouraged.

WHEN:

Saturday, May 23

- 8:00 AM – Check-in (*coffee provided*)
- 8:45 AM – National Anthem & Taps
- 9:00 AM – Step off

WHERE:

Mount Prospect Village Hall
50 S. Emerson Street, Mount Prospect, IL
Parking available onsite

WHY:

To honor those who gave everything for our nation.

• **HOT DOGS & LUNCH AFTER THE MARCH!**

• **Support a great cause:**

**Optional donations to
Tunnels to Towers at their booth.**

Registration recommended. [LINK HERE](#)

<https://vfw1337.com/di/vfw/v2/default.asp?pid=104960&d=y&subid=81516>

Please RSVP by 20 May Questions: EmbraceTheRuck@gmail.com

Shorter option available — route passes start point halfway through.

**Hosted by the
Mount Prospect Police Department
Our Supporters**



VETERANS OF FOREIGN WARS.

