



# TEAM RWB

## RBHS CHALLENGE

# RUCK FOR VETERANS

## REGISTER FOR FREE

<https://www.eventbrite.com/e/ruck-4-veterans-tickets-63128416794>

**AUG. 10TH, 7:30 - 11:30AM**

**SR56 BIKE PATH**

**CARMEL CREEK RD./TANG DR.**

BRING A BACKPACK FULL OF GOODS TO BE DONATED TO VETERAN'S VILLAGE SAN DIEGO (SEE LIST)  
FIND A VETERAN TO JOIN YOU ON YOUR "RUCK"

**ENDS AT WESTVIEW H.S. PARKING LOT**  
**\*\*FOOD\*\*MUSIC\*\*VETERAN'S RESOURCE ORGS**

### For more information, please contact:

Team Red, White & Blue  
Brent Paeth  
(858) 666 5343  
[brent.paeth@teamrwb.org](mailto:brent.paeth@teamrwb.org)

Team Red, White & Blue  
Pete Jackson  
(619) 392-4335  
[petejackson@teamrwb.org](mailto:petejackson@teamrwb.org)

Rancho Bernardo HS Football  
Tristan McCoy  
(310) 989-9418  
[trmccoy@powayusd.com](mailto:trmccoy@powayusd.com)

8 Years ago, the Rancho Bernardo High School Football Program helped organize an annual event on behalf of Team Red, White & Blue in order to create awareness about this organization and its cause, which is to connect veterans with local communities.

Once again, we are inviting other high school football programs and their community members to participate in a 6 mile "Ruck" along the 56 Freeway in San Diego.



### DONATIONS CAN BE MADE AT FINISH LINE

#### ITEMS NEEDED:

#### Hygiene Kit

Shampoo  
Conditioner  
Body wash/bar of soap  
Wash Cloth  
Toothbrush  
Toothpaste  
Chapstick  
Comb/Brush

(can be packed in plastic ziplock bag with liquids placed in a smaller bag within the kit)

# IT'S OUR TURN™

**Blankets**  
**Socks**  
**Sweaters**  
**Beanies**

\*NO food donations—gift cards and cash are always welcome