The University of Nebraska-Lincoln Student Veterans and the University of Iowa Student Veterans are rucking from Kinnick Stadium to Memorial Stadium to raise awareness for Veteran & Military member suicide.

**THE THINGS THEY CARRY RUCK MARCH**

The 322 mile march will kick off on Wednesday, November 20th 2019 at Kinnick Stadium. Team Iowa will march the game ball to Freedom Rock in Menlo, Iowa where they will hand off the ball to Team Nebraska. The final march will take the game ball to the November 29th Cornhusker vs Hawkeye football game at Memorial Stadium.

Rucking will be divided into shifts of roughly 20 miles each. Those rucking are asked to carry 20 lbs of personal belongings to signify the 20 Veterans we lose DAILY.

For more information on the ruck or how to sign up, volunteer, or donate visit www.ruckfilm.com

For additional support:
Email: veterans@unl.edu
Facebook: The Things They Carry Ruck March