



ROAD TO RECOVERY



“LEST WE FORGET THOSE WHO GAVE ALL”

OTTAWA VALLEY - On September 14th through to September 17th, a mixed group of civilian and service members will be stepping off from the Petawawa Legion to undertake a 150km weighted ruck march to honour our Nations 150th birthday and those that have sacrificed for it, namely our veterans, police, and first responders. Ruck 2 Remember, the organization putting on the event, is a not for profit organization that is in it's 4th year raising funds and awareness for issues facing Veterans. Their flagship event every year is the “Road To Recovery”, and this year the event will be coming to the Ottawa Valley, to once again raise awareness for Veterans and funds for “Operation: Leave the Streets Behind”, a veterans charity managed by the Royal Canadian Legion.

Operation Leave the Streets behind is a registered charity that works to transition veterans off the streets into sustainable housing, it works hand in hand with the Legions other resources to help get the Veteran in need long term funding, work, housing and support as needed. To date the program has assisted 525 veterans in more than 117 communities including 93 in the Ottawa Region.

The “Ruck 2 Remember” team will be starting at the Petawawa Legion, rallying at 0800h and stepping off at 0900h, from there they will make their way south to Cobden's Legion Hall at around 2000h, the next day the team will step off again from the hall at 1000h and continue south until they reach branch 148 in Renfrew at about 1700h. Day 3 will have the team starting off at 0900h and getting to Arnprior's Legion hall by 1600h where they will rest up and refresh before the final leg on the 17th covering 43km from Arnprior to the Kanata Legion aiming to arrive at 1700h.

For those wishing to support “Operations: Leave The Streets Behind” and help keep Veterans off the street the Legions above will be hosting the team each night and will be open to the public to come out, meet the “Ruck 2 Remember” team and donate to the cause. On the 17th the Kanata legion (70 Hines Rd.) will be hosting a BBQ to close out the event, proceeds from that event will also go to the cause.

If you want to learn more about the event, it's history, how to get involved and how to donate you can go to www.ruck2remember.com/road-to-recovery.html and follow the team on Facebook (ruck.to.remember) and Instagram (ruck_to_remember) where they will be live posting over the four days.