



Road to Recovery 5

Ottawa Valley – On September 13th through the 16th Ruck 2 Remember will be returning to the Ottawa Valley once again for the 5th annual “Road To Recovery” charity ruck march. This year, once again, a mixed team of civilians, veterans and contractors will begin the 4-day trek from the Petawawa legion at 0900h on the 13th to Kanata with stops along the way. Day one will take the team from Petawawa to the Cobden Legion with an estimated arrival time of 1900h. On day two (the 14th) the team expects to leave Cobden by 0800h and arrive at the Renfrew Legion at 1700h. On the third day (the 15th) the team will leave the Renfrew legion at 0800h and arrive at Arnprior by approximately 1630 and on the final day, the ruck marchers will leave Arnprior at 0700h for a projected finish of 1800h.

The team will cover 160km, a number that is determined by the number of police, paramedics, fire fighters and veterans lost the year before. In 2017 there were 80 known fatalities in our first responder community, and the team is committed to covering 2km for each one of those individuals. This event serves to raise awareness and funds for veterans that are facing homelessness. All proceeds collected for the “Road to Recovery” ruck march go towards “Operation: Leave the Streets Behind” a registered charity managed by the Royal Canadian Legion and supported by the Joe Sweeney Fund that works to eliminate and prevent Veteran homelessness here in Canada. To date this charity has assisted 618 veterans in 127 Canadian communities including 56 women, 1 from the Mohawk Territory and an allied US Army Veteran.

If you wish to support this cause and help get and keep veterans off the streets you can either donate online at:

<https://www.crowdrise.com/RoadtoRecovery5>

or you can come donate in person at any of the following Legion Halls and the team would love to say hi in person and share a pint:

- **Sept 13th before 0900h** - RCL Branch 517 (3583 Petawawa Blvd, Petawawa ON)
- **Sept 13th after 1900h** – RCL Branch 550 (43A Main St. Cobden, ON)
- **Sept 14th after 1700h** – RCL Branch 148 (30 Raglan St. S, Renfrew, ON)
- **Sept 15th after 1630h** – RCL Branch 174 (49 Daniel St. N, Arnprior, ON)
- **Sept 16th after 1800h** – RCL Branch 638 (70 Hines Rd. Kanata, ON)

Individual donations made online or by cheque to the Joe Sweeney Fund (Just place Ruck 2 Remember in the Memo field) are eligible for a tax-deductible charity receipt. Feel free to say hi to the team and meet the ruck marchers any night at the above legion halls