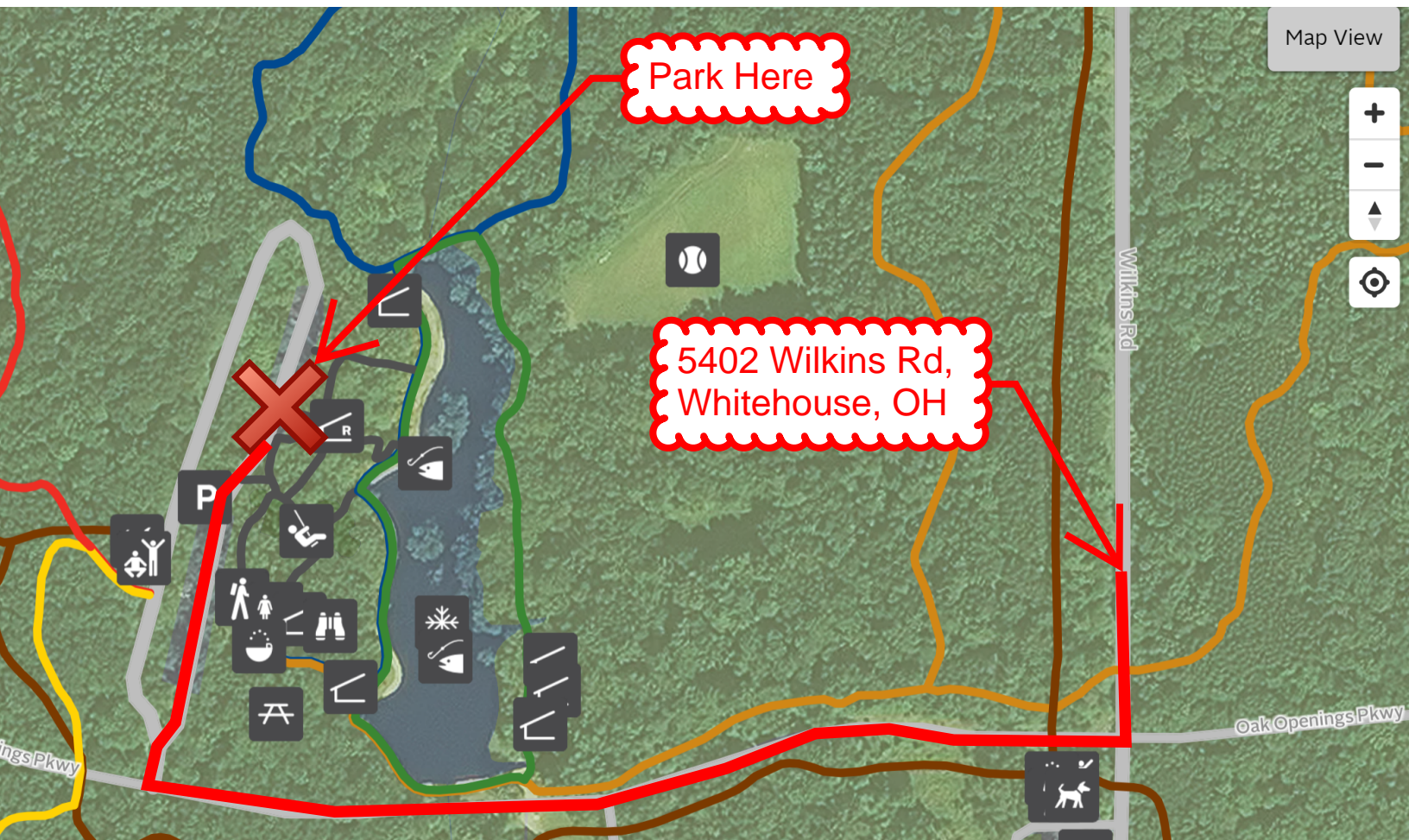


F3 Toledo - December Monthly Ruck:
Oak Openings Metropark 7:00 AM to 10:00 AM.



Park at Mallard Lake: Official address is 5402 Wilkins Rd, Whitehouse, OH 43571....that will get you close but won't direct you to the Mallard Lake Parking area, see the above map.

Packing list: 1) Ruck with 20# to 30# per your preference, 2) Water bladder with water and spare water bottle, 3) Nutrition of choice, 4) Reflective Ruck Bands, 5) A patch on your ruck, 6) Non-perishable food item for donation to the Toledo Northwest Ohio Food Bank, 7) Note card with Emergency Contact and list of all current meds /med allergies.

Coupons will be minimal for this event and will be eliminated if there is significant snow or ice to minimize chance of injury from slips/falls.