



Physical Therapists & PT Assistants Athletic Trainers Massage Therapists

**We invite you to experience the 10th Annual
RUCK4HIT as part of our Care Team!
April 25-26, 2025 Cape Cod, MA**



What you'll do

- Provide recovery and treatment services as part of a team approach to Ruckers over a 200+ mile endurance race across Cape Cod
- Work with Veterans, military personnel and endurance athletes
- Volunteer and make a direct, real-time impact at times that work best for your schedule

What's in it for you

- The opportunity to gain experience and broaden your skills with integrated athletes
- Recognition and professional exposure within the community and on social media
- Networking with professionals who share your passion and professionalism

Why it matters

- Ruck4HIT is the largest fundraiser for Heroes In Transition, a 501(c)3 that supports veterans, service members, families.
- Your skills and assistance will allow Ruckers to compete and finish safely.
- Each year, HIT assists thousands of members of the military community. Your support enables us to assist even more!



Scan this QR Code to sign up for shifts or learn how to join this inspiring and adrenaline pumping event! Or contact Alycia Markowski at a.markowski@northeastern.edu.

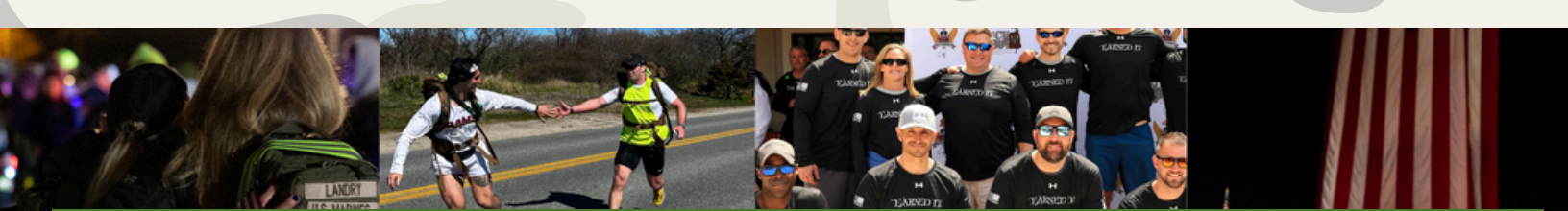


"It was this event that made me realize that I love what I do as a PT, helping patients to keep doing what they love and being active."

Five-time RUCK4HIT PT Participant



HEROES IN TRANSITION, INC.
ASSISTING VETERANS AND MILITARY FAMILIES



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RUCK4HIT Care Team

FAQ's



April 25-26, 2025 Cape Cod, MA

How long of a commitment am I required to sign up for?

The shifts are 4 hours long, and you can sign up for as many shifts as you'd like! Many participants find that once they start, they enjoy staying for an entire day or coming back for multiple shifts on different days. Feel free to select times that work best for you, and your businesses!

What should I/could I bring for treating athletes?

You are welcome to bring your own treatment tables or other patient care items if you prefer. We will have several massage tables, a pop-up tent with the option for rain or wind sides, and a supply bin with basic medical items.

Should I bring meals/food/car/gear?

Yes, it's a good idea to bring snacks and drinks, especially for the early morning hours. Coffee and bathrooms will be available at most PT stops. We will be providing pizza on Friday night for dinner. Make sure to bring appropriate clothing as Cape Cod weather can be cooler in April than expected. Reflective gear and a headlamp is required for safety during evening hours (7pm - 6am). Let us know if you need reflective gear and we will provide it for you.

How many athletes do we see/treat? In what environment am I going to be giving treatment?

You will be providing care to a wide range of athletes throughout the course. We expect over 20 teams, up to 40 teams possible this year, each consisting of runners who will be running 2-4 miles at a time with a 10- to 20-pound rucksack. Each team has 7-14 ruckers, 2 -4 drivers, and up to 2 support runners. The environment will be dynamic and outdoors, and you'll be working at various locations, including on-the-course treatment stations and in the treatment van.

What type of athletic experience do the Ruck participants have?

Ruck participants come from a wide variety of athletic backgrounds. The event is a relay-style race that covers over 200 miles through the towns of Cape Cod. Each athlete typically has varying levels of endurance, but most have been well-trained for the challenge. They will be carrying a rucksack, which adds an additional challenge and is symbolic of the burdens carried by service members.



What injuries/types of care have been provided and have typically been seen on the course?

In previous events, we have prevented dehydration and hypothermia, treated blisters, muscle spasms, and a number of lower extremity overuse injuries and back pain. Prevention is key, so ensuring proper hydration and recovery is essential. You will be provided a review sheet for endurance-related medical conditions as a quick reference.

What colleagues will I be working with in the treatment cohort to make up the team?

You'll be working alongside licensed health care providers. Athletes will self-select either stretching or recovery massage or evaluation and treatment station. Each station will have at least one health care provider with advanced athlete Emergency Medical Response for the Athlete (ERA) Certification/training. Teams will work together to ensure the athletes' safety and recovery.

Will everything I need to provide care be provided? Who do I contact in an emergency?

Yes, the basic treatment supplies (massage tables, coolers with ice, medical supplies, tape) will be provided. If you encounter a medical emergency, please first call EMS (911) then contact Alycia Markowski, the PT Coordinator, **508-789-4736**. For all on course injuries that may effect continued participation, please call the PT Coordinator, or for any other issues related to participant care. For general questions before the event, you can email the PT Coordinator at a.markowski@notheastern.edu. Angel Cummings, the PT Coordinator Assistant, is also available at Tigerpaw804@aol.com for general questions and help with signing up!

What is the history of the Ruck and its athletes?

The Ruck4HIT event was created to raise awareness and funds for Heroes in Transition, Inc. It's a team-based relay event that has grown over the years. The event began with a small group but has grown to 20+ teams, running 200+ miles through Cape Cod. The rucksack that participants carry symbolizes the burdens borne by service members, both in active duty and after their service. The event is designed to raise funds for the programs that support veterans, active-duty service members, and their families.

Will there be opportunities to promote my business while volunteering?

Yes! While your experience volunteering will be as rewarding as you make it, we would like to say thank you in a few special ways. In addition to your personal interactions with athletes, drivers, fellow volunteers, and community members at the event, each Care Team member will receive a shirt to identify them as part of the team, have their name printed on the Care Team signage which will be prominently displayed, and will receive a RUCK4HIT patch! Feel free to bring your business cards to share!

What Ruck participation as a practitioner can mean for your career?

Being part of the Ruck4HIT Care Team provides a unique opportunity to expand your professional network, collaborate with fellow healthcare professionals, and contribute to a meaningful cause. In addition to refining your injury prevention, assessment, and rehabilitation skills in a dynamic environment, volunteering at this event can elevate your professional visibility and potentially attract future clients or collaborations.

