



## **Kentucky Wounded Heroes Presents**



## **In Honor of the Men of Task Force Ranger**

**Saturday, October 2, 2021: 10 am- 2 pm**

**4-Man Outdoor Team Fitness Competition**

**Rain or Shine!**

**\$100.00 entry fee per team**

**Register Online at: [www.kentuckywoundedheroes.net](http://www.kentuckywoundedheroes.net)**

**Location: Queenslake Farm**

**292 Soards Road, Georgetown, Kentucky 40324**

**100% of Proceeds Donated to Charity**

On October 3rd, 1993, members of the 3rd Battalion, 75th Ranger Regiment and 1st SFOD-D (Delta Force), supported by pilots from the 160th Aviation Regiment (Nightstalkers) and other SF units, went into the city of Mogadishu, Somalia to execute Operation 'Gothic Serpent', an attempt to apprehend key players in Mohammed Farrah Aidid's dictatorship. While the initial mission went smoothly, things took a turn for the worse when two aircraft were shot down, forever coining the phrase 'Blackhawk Down'. Determined to not leave a man behind, and also facing the task of securing the crash sites, Rangers and Deltas, scattered at several locations throughout the city, under heavy fire, most of them wounded, and low on supplies, held their positions until the morning hours of October 4th.

As help from the 10th Mountain Division finally arrived, the armored vehicles could not accommodate all of the soldiers. At this point, some of them began their exit to a rally point on foot, under heavy fire, dehydrated and sleep deprived, all of them wounded in one way or another. This has become known as the "Mogadishu Mile".

### Competition Details

The obstacle course will be run in teams of four. The course starts with a 0.5 mile trail run. Four ammo cans, each weighing 20 pounds will need to be carried during the trail run. There will be 5 stations where the team will be required to complete 100 reps total of body weight exercises. The reps can be divided up amongst members however they see fit. At the end of the trail run, the ammo cans can be dropped and each team member will don a rucksack weighing 35 pounds and complete a 1 mile team run around the lake. The whole event will be timed. Awards for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> best times!

### Special Guest Speaker:



Mogadishu Veteran Pilot CW4 Jeff Niklaus (retired)