



## **Kentucky Wounded Heroes Presents**



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

**Saturday, October 1, 2022: 10 am- 6 pm**

**4-Man Outdoor Team Fitness Competition**

**Rain or Shine!**

**\$100.00 entry fee per team**

**Register Online at: <https://kentuckywoundedheroes.net/events/mogadishu-mile-2022/>**

**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".

## **DIVISIONS**

**\*\*All Divisions can be co-ed and MUST have four team members.**

**ADULT NOVICE:** For those who aren't worried about how fast they finish and just want to participate.

**ADULT ELITE:** For those who want to compete at a "high" level and obtain the best time possible.

**COLLEGE ROTC:** For teams enrolled in a college ROTC program. \*\*Only if 10 college ROTC teams register.

**HIGH SCHOOL:** For those in grades 9-12 during fall 2022.

**KIDS:** For children ages 9-13. \*\* Course will be modified and a parent or guardian must be present with each child to participate.

## Adult Competition Details

The obstacle course will be run in teams of four. The course starts with a .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!



## Kids Competition Details

### Mogadishu Mile “Junior” Event “Get You Some”

Teams will be made up of four participants from the age of 9-13 (can be co-ed).

**\*\*One parent or guardian must be present with each participant**



**Rules:** *Each team will jog a half mile Queens Lake loop. The loop will consist of several obstacles/stations that will need to be negotiated/completed in their*

*entirety prior to moving on to the next station. The Junior course route will be clearly marked by the course organizers. Every participant on the team must finish the course for a team to be recognized as successfully completing the course. Parents will need to sign the liability waiver prior to their child starting the event.*

### **Course Start and Station #1 Burpees**

When the “start” whistle is blown the team will drop and complete 10 bodyweight burpees each. (10 burpees must be completed by each participant prior leaving the start line and moving on to station #2).

### **Station #2 Plyo Hurdle**

The team will sprint to obstacle (2) which will consist of several plyo hurdles. Each team member must jump over each hurdle. If a team member knocks over a hurdle, that team member will reset the hurdle and the entire team must repeat the obstacle again in its entirety.

(hurdles will be the normal yellow plyo hurdles that set 9 inches off the ground)

### **Station #3 Ammo can Tractor Tire**

After station 2 is completed the team will approach obstacle (3) where they will find 8 green ammo cans (five pounds each) inside a painted circle. Each participant will carry the ammo cans (2 per team member), using a farmers carry technique, for a predetermined distance (around cones and over tractor tires) before dropping the ammo cans back into the original painted circle. This station will require the participant to negotiate several tractor tires (by stepping inside the tire and back out) and place the cans back into the designated staging area prior to moving on.

### **Station #4 Sandbag Drag**

Station 4 will consist of the team pulling a 20-30lb sandbag (sandbag will be tied to a rope for pulling) for a predetermined distance. Once the sandbag is pulled for the required distance, the team will place the sandbag and rope back into the original location (red painted circle) and move on to the next station.

### **Station 5 Sandbag Carry**

The team will successfully carry a 20-30lb sandbag for a predetermined distance without dropping.

### **Station 6: Tire Flip**

As the team sprints towards the finish line they will encounter their last obstacle which will be a large tractor tire. The tractor tire must be flipped twice by the team and each team member must assist in both flips.

Once the tire is flipped the team can sprint for the finish.

### **Special Guest Speaker:**



**Mogadishu Veteran Pilot CW4 Jeff Niklaus (retired)**