

SAVE THE DATE



3RD ANNUAL 5K RUCK WALK

For Veterans & First Responders

Saturday, October 10, 2026 • Columbus Commons • 8 AM Registration, 9 AM Start

Raise awareness and help prevent Veteran and First Responder suicide by walking or rucking with those who serve selflessly but suffer silently.

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REGISTER NOW!



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3RD ANNUAL 5K RUCK WALK

IN HONOR OF OUR VETERANS AND FIRST RESPONDERS

The Ohio Suicide Prevention Foundation is proud to host the 3rd Annual 5K Ruck/Walk for Veterans & First Responders on Saturday, October 10, 2026. This year's event will take place at Columbus Commons, a move designed to expand our reach, grow participation, and engage new audiences in the heart of the community.

Participants are encouraged, but it's not a requirement, to complete the 5K carrying a ruck or weighted vest symbolizing the weight many veterans and first responders carry every day.

How We Support Veterans & First Responders

Veterans and first responders face unique mental health challenges shaped by repeated exposure to trauma, high-stress environments, and a culture that often discourages help-seeking. Our work focuses on meeting these communities where they are with relevant, practical support.

In the past year, we have:

- Trained 558 veterans and 233 first responders, including corrections officers
- Reached 2,791 individuals through targeted training, outreach, and engagement
- Supported Ohio's suicide prevention efforts through participation in the Governor's Challenges to Prevent Suicide Among Service Members, Veterans, and their Families and development of veteran and first responder materials, including a female veteran's 1-pager and updated rack cards

Why Your Support Matters

Veterans face a higher risk of suicide. With Ohio's seventh-largest veteran population, more than 605,000 strong, there is an urgent need to integrate suicide prevention into post-service culture, connect individuals to life-saving resources, and expand access to critical mental healthcare. First responders face similarly high stakes. Depression and PTSD are alarmingly common, and police officers and firefighters are more likely to die by suicide than in the line of duty.

Your support helps turn awareness into action. Sponsorship directly fuels suicide prevention training, resource connection, and community-based support for veterans and first responders across Ohio.



SPONSORSHIP OPPORTUNITIES

3rd Annual 5K Ruck Walk for Veterans & First Responders

<u>TABLING OPPORTUNITIES</u> • For Profit Partners: \$500 • Non-Profit Partners: \$200	Legacy \$10K	Champion \$5K	Steward \$2.5K
Recognition as a key partner during Opening Ceremony	✓		
Feature in OSPF monthly newsletter	✓		
Speaking opportunity	✓		
Primary logo recognition: digital & print materials	✓		
Secondary logo recognition: digital & print materials		✓	
Honorary logo recognition: digital only			✓
Recognition on ticketing and event webpage	✓		
Recognition on social media platforms	2	1	
Logo or name on event t-shirts	✓	✓	
Post-event recognition	✓	✓	
Complementary event tickets	8	4	2
Complementary event t-shirts	8	4	2
Priority table space	✓	✓	✓
Swag bags	3 items	2 items	1 item

***Veteran- and First Responder-Owned Businesses receive
25% off all sponsorship opportunities!***

SPONSORSHIP FORM

3rd Annual 5K Ruck Walk for Veterans & First Responders

Please complete this form and submit it along with a PNG file of your logo to Emilie Rush at emilie.rush@ohiospf.org.

COMPANY/ORGANIZATION: _____

POINT OF CONTACT: _____

E-MAIL: _____

ADDRESS: _____ CITY: _____

STATE: _____ ZIP CODE: _____ PHONE NUMBER: _____

Sponsorship Level:

- ☐ Legacy (\$10K)
- ☐ Champion (\$5K)
- ☐ Steward (\$2.5K)
- ☐ Veteran- and First Responder-Owned (25% off)

Tabling Opportunity:

- ☐ For Profit (\$500)
- ☐ Non-Profit (\$250)
- ☐ Veteran- and First Responder-Owned (25% off)

Method of Payment:

- ☐ Check: Please make checks payable to:
Ohio Suicide Prevention Foundation. Mail the check with the completed form to:
175 South 3rd Street, Suite 700, Columbus, OH 43215
- ☐ Online: Event Website:
<https://go.rallyup.com/ospfruckwalk2026>



By filling out this form, your company/organization is agreeing to the terms and conditions for the desired sponsorship level.

SIGNATURE: _____

DATE: _____

OTHER OPPORTUNITIES TO GET INVOLVED

***3rd Annual 5K Ruck Walk for Veterans
& First Responders***



MISSION-ALIGNED SUPPORT

- Food & beverage contributions
- Wellness/recovery support
- Sponsorship of key event areas (start/finish, hydration, etc.)

VOLUNTEER ENGAGEMENT

- Event-day volunteering
- Registration, course support, water stations, finish line
- Team-based engagement opportunity

CELEBRATE OUR PARTICIPANTS

- Sponsor awards (fastest, longest distance, heaviest ruck)
- On-stage or ceremony recognition
- Visibility tied to achievement moments

PEER-TO-PEER WALKATHON

- Register individually or as squads
- Fundraise through personal/professional networks
- Employer/team participation encouraged
- Turn employees/supporters into ambassadors

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