

SCHEDULE

Central Time

15 FRIDAY, JULY 15

----1800 -- The Rally (2nd F Event) -----

Location: [MAP](#)

The Grand Ballroom at Joliet Union Station
50 E. Jefferson Street,
Joliet, IL 60432

Pick up your name tags at table

16 SATURDAY, JULY 16

----0630 -- Kingbuilder (1st F Event) -----

Location: [MAP](#) (Event) [MAP](#) (Parking)

Channahon Park District Central Park
24856 W Eames Street
Channahon, IL 60410

*Please utilize the parking at Galloway
Elementary School (parking link above)*

----0800 -- Breakfast -----

Location: [MAP](#)

The Grand Ballroom at Joliet Union Station
50 E. Jefferson Street
Joliet, IL 60432

----0830 -- F3 Grow School -----

Location: Same as Breakfast

*If you want to be more comfortable for Grow
School, bring another change of clothes.*

----1230 -- Impact Ruck (approx. 4 hrs) -----

Location: StartEx from Grow School

----1800 -- Ruck Event-----

Arrive between 1700 and 1745

Location: [MAP](#) (Event) [MAP](#) (Parking)

Channahon Park District Central Park
24856 W Eames Street
Channahon, IL 60410

*Please utilize the parking at Galloway
Elementary School (parking link above)*

Ruck Event Conclusion on Sunday Morning



BUILDING IT FARTHER & WIDER

LODGING | DINING

Hampton Inn Joliet - I-80

Location: [MAP](#)

1521 Riverboat Center Drive
Joliet, Illinois 60436
815-725-2424

[Link to Hotel Reservations](#)

Lunch options near hotel after F3 Grow School

Heroes West Sports Grill

Sports Bar
[1530 Commerce Ln, Joliet, IL 60431](#)

Cracker Barrel Old Country Store

Sit-down Restaurant
[1511 Riverboat Center Dr, Joliet, IL 60431](#)

Sushi Ya

Sushi
[2721 W Jefferson St #120, Joliet, IL 60435](#)

Chipotle

Fast-food
[2609 W Jefferson St, Joliet, IL 60435](#)

La Mex

Mexican
[3157 W Jefferson St, Joliet, IL 60435](#)

<https://growruck.com/growruck/growruck-30-crossroads-illinois/>



PACKING LIST

Required:

- Rucksack (20L minimum suggested volume)
- 30lb weight (20lb weight if PAX weighs under 150lbs)
- 6L of water (combined total between hydration bladders and bottles). 3L needs to be fresh water without any drink mixes or additives.
- Headlamp w/red light capabilities & 1 full extra set of batteries
- Reflective bands attached to Rucksack
- Carabiner suitable for climbing
- Photo identification
- \$20 in cash
- Face covering that is capable of covering mouth and nose simultaneously
- Work gloves

Optional:

- Electrolyte mix or tablets
- Windbreaker/poncho/rain layer
- Hat
- Dry bag/Ziploc/trash bag – highly recommended
- Food/snacks – highly recommended
- First Aid/Blister kit
- Extra socks/shirt
- Toilet Paper/Hand Sanitizer/Baby Wipes
- Duct Tape

Prohibited:

- Phone
- Watch
- Garmin or other satellite enabled devices
- Other electronic devices