## 3rd Annual

## April 5, 2025

# Last PAX Standing

**In the last PAX standing event, Runners and Ruckers (30 lb backpack) will be required to complete a loop course starting at Waterfront Park, Southport every hour on the hour. The Rucking loop is 3 miles and Running loop is 4 miles. After 10 hours Ruckers must add 5 lbs per lap. Failing to finish the required loop by the top of the hour results in disqualification. The last PAX standing in each category will be declared the LAST PAX STANDING. (Historically 15-20 loops) and will be rewarded bragging rights for 1 year.**
**Please sponsor your PAX for each loop completed. 100% of donations will go to our nonprofit organization, F3 BruCo Inc., and will then be 100% distributed to local charities for the betterment of our community.**

**PAX F3 NAME:** _____ **Birth Name:** _____

| **Sponsor** | **$ Amount each Loop** |
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