



FOR IMMEDIATE RELEASE

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Amy Phelps, Public Information Officer

Amy.j.phelps@wv.gov

Cell phone: 304-588-9697

Direct line: 304-420-1468

MOV Ruck Club to Relaunch Sept. 4

MOV Ruck Club, part of the Mid-Ohio Valley Health Department's Step Up MOV community health initiative, will relaunch with a new logo and a new site in September.

The MOV Ruck Club, which has been running since August 2022, will begin meeting at St. Joseph's Landing, starting Wednesday, Sept. 4.

Rucking is simply walking with weight in a backpack, mixing a cardio workout and strength training.

Walkers will meet in front of the main entrance of St. Joseph's Landing at 5 p.m. on Wednesdays, and backpacks with weight in them are available to borrow for the duration of the ruck. Participants can also bring their own backpack with weight. Kid-sized backpacks and weights are also available to borrow, so families can attend.

With the new logo comes a new opportunity to earn a new club patch.

In order to be considered a member of the club and earn their club patch, walkers must attend four live events, either on Wednesday evenings and/or a monthly special event, MTNRUCK, in which the club meets at various local state parks for hikes.

Members can also join the members-only group off the MOV Ruck Club page on Facebook. Members-only perks will include the ability to earn other patches by taking part in virtual events that will be posted there.

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The Mid-Ohio Valley Health Department serves Wood, Wirt, Calhoun, Pleasants, Ritchie and Roane Counties. It is located at 211 Sixth St. in Parkersburg. The offices are open 8 a.m. to 4 p.m. Call 304-485-7374 or visit the website, movhd.com for more information. Follow them at Mid-Ohio Valley Health Department MOVHD on Facebook and [@MOVHealthDept](#) on Instagram and Twitter.