



✉ info@teamrwb.org

📍 PO Box 127
Floyds Knobs, IN 47119

LEGACY 15: SUGGESTED EVENT RUN OF SHOW AND WELCOME SCRIPT

******This document includes a suggested run of show for your Legacy 15 event and a script. Please print off these pages and bring them to your event to help guide you. Please read the script to kick off your event.*

WELCOME SCRIPT:

Eagles! Welcome to Legacy 15, hosted by Team Red, White & Blue. Today, we're celebrating a BIG milestone—15 years of Eagle Fire—and honoring the moment Team RWB began.

Back in 2010, at the Twin Cities Marathon, a small group of Veterans stepped up to do something bold: build connection through movement and community. That spark has grown into a nationwide organization with over 200,000 members dedicated to forging America's leading health and wellness community for Veterans.

Today, we honor that legacy.

We'll run, walk, or ruck 15 minutes out and 15 minutes back to celebrate each year of impact—one minute for every year Team RWB has brought Veterans together to lead healthier, more connected lives.

This Monthly Mission is simple, but powerful.

As you move today, reflect on our shared journey. Think about the Veterans we've supported, the friendships formed, and the strength we've built together.

If you're new to Team RWB, welcome! We're a nonprofit organization dedicated to Veteran health and wellness. And we're honored to have you join Eagle Nation.

Please be sure to check in using the Team RWB App. And after the event, share your experience on social media tagging @TeamRWB.

Let's get after it and keep building the legacy of Team RWB.

SUGGESTED EVENT RUN OF SHOW:

Duration: Approximately 2 Hours

- [Pre-Event]
 - Participants arrive, check-in and socialize.
- [Opening Ceremony]
 - Host delivers a speech honoring the day using the script provided.
 - Host asks each participant to introduce themselves and state their military connection and shares what celebrating 15 years of Team RWB means to them.
 - Host thanks any special guests in attendance and expresses gratitude for the participants' presence and their commitment to the event.
- [Event Start]
 - Share the specifics of the workout to include; the workout itself, any modification options needed, and other relevant safety information.
 - Host makes sure any questions are answered.
- [Workout Begins]
 - Start the workout.
 - Participants should execute at their ability, whether alone or with a partner/group.
 - Ensure participant safety and well-being. Consider having extra water on hand.
 - Encourage camaraderie and teamwork among participants throughout the workout.
 - If there are members or community members in attendance, not doing the workout, designate them as cheerleaders to encourage people to give it their all.
- [Closing Ceremony]
 - Participants return to the designated area after the workout.
 - Host thanks participants, emphasizing the significance of their efforts.
 - Closing remarks expressing gratitude, sharing any upcoming future events.
 - Host asks everyone pull out Team RWB App and check-in
 - Host encourages participants to share their experience on social media, making sure to tag us or use #TeamRWB.
 - Event concludes, encouraging participants to stay connected with Team RWB.
- [Post-Event]
 - Light refreshments and post-event socializing (if being done).
 - Team RWB volunteers available for questions and future event information.
 - Event ends, participants leaving with a sense of unity and remembrance.

Note: Safety should always be a top priority, and participants should be encouraged to listen to their bodies and rest if needed.