2016 ABAC STEP-OFF RALLY • APRIL 28, 2016
ABAC FRONT CAMPUS • 1 - 5 P.M.

WHAT IS CARRY THE LOAD?
Carry The Load is a non-profit organization dedicated to restoring the true meaning of Memorial Day. It is a registered 501(c)3 non-profit that provides active ways to honor the military, law enforcement, firefighters, and rescue personnel who dedicate their lives to keeping our country safe.

WHAT'S HAPPENING THIS YEAR?
Join ABAC students, faculty, staff, and members of the Tifton community for the 3rd annual Carry The Load Step-off Rally on April 28 from 1 – 5 p.m. This annual event takes place prior to the beginning of the Carry The Load National Relay and serves as a send-off for the ABAC students who will walk in the relay during the month of May. This event is open to the public and free of charge. A schedule of events for the day is below.

1 p.m. - Opening ceremony and two-mile walking route through the ABAC campus
2 - 4:30 p.m. - One mile route around the Front Circle (three laps) occurring every 30 minutes
5 p.m. - Closing ceremony and send-off of National Relay Team

Register for ABAC Step-off at: carrytheload.org/tifton
Register for the ABAC Step-off by one of these options:
1. Register as an individual
2. Start a team
3. Join an existing team
WHAT IS THE NATIONAL RELAY?

The Carry The Load National Relay provides an opportunity to walk and remember, honor, and celebrate our nation’s heroes. ABAC students intern for the National Relay and lead the way on each portion of the route. You can join in the National Relay and the ABAC students at any point along the route and walk for as long as you would like. There is no fee to participate in Carry The Load. The map below shows the major cities along the route.

2016 NATIONAL RELAY
East Coast, 2,300 miles: May 1 Boston, MA — May 29 Dallas, TX
West Coast, 4,300 miles: April 27 Seattle, WA — May 29 Dallas, TX

2016 Carry The Load Events

Register at carrytheload.org

WHERE DOES THE MONEY GO?

Donations are secondary to the mission of Carry The Load, however, any money raised on the website will go to support one of 17 non-profit organizations. A full list of those organizations can be found at carrytheload.org.

Money donated by check or on the day of Step-off will support scholarships and other endeavors within the ABAC Veteran’s Initiative.

2011-2015 NATIONAL RESULTS

For more information about ABAC Step-off, email tifton@carrytheload.org