

Alpha Chi Rho Brothers go “Rugged”



On Saturday July 9, Brothers from the Phi Iota Chi Chapter at Central Michigan, Eta Chi Phi Chapter at NYIT, and Eta Phi Chapter Gettysburg College participated in the “Rugged Maniac” 5k in Englishtown, NJ. The group was organized by the current Leadership Consultant for Alpha Chi Rho Ryan Barck, a 2010 grad of Central Michigan. “I had always wanted to run a 5k and thought this would be the best opportunity to do it,” said Barck. He was able to recruit his Fraternity little brother Monty Thomas, who is also a 2010 graduate of Central Michigan, along with Michael Risi the current President of the NYIT chapter of Alpha Chi Rho.

Temperatures during the event rose to highs of 90+ degrees, paired with many challenging obstacles, and a wet racing course made the run a challenge for all who participated. Already Barck and Thomas are planning to make this an annual occurrence and hopes to recruit more brothers from Chapters across the country. The “Rugged Maniac,” was developed by ex-marines to challenge the body with obstacles like crawling under barb wire, through swinging tires, and jumping over fire. All proceeds for the Rugged Maniac go to “First Descendants” which is an organization that is committed to curing the emotional effects of young adults who have overcome cancer.