

**ADMINISTRATIVE & OPERATIONAL PROCEDURES FOR CONDUCTING
FORT BLISS – NORWEGIAN FOOT MARCH 14 SEPTEMBER 2024**

REFERENCES: AR 215-1 Military Morale, Welfare, and Recreation Programs and Non-Appropriated Fund Instrumentalities (24 September 2010)

WHAT: Fort Bliss – Norwegian Foot March (30km/18.6mile)

WHEN: 14 September 2024 // 2000

WHERE: Soto Gym, 20751 Constitution Ave., Fort Bliss, TX 79918

ELIGIBILITY: Open to active-duty service members, family members, DOD/DA civilians, retirees, and the general public.

Bibs will be required of all participants. Bibs must be placed mid-chest. Runners not following these guidelines will not receive an official time for the race and will not be eligible for awards.

DIVISIONS: **MEN and WOMEN AGE CATEGORIES**

Age Group	Women	Men
18-34 years of age	4h50m	4h30m
35-42 years of age	5h0m	4h35m
43-49 years of age	5h15m	4h40m
50-54 years of age	5h30m	4h50m
50-59 years of age	5h45m	5h0m
60+	6h0m	5h15m

REGISTRATION: **Pre-Registration:** Active.com through 11 September 2024.

\$40 – Active Duty / Retirees

\$50 – Family Members, DOD/DA Civilian

\$60 – All others

Late Registration:

12 Sep 2024 // 1630-1830 at Freedom Crossing Food Court

13 Sep 2024 // 1130-1300 at Freedom Crossing Food Court

14 Sep 2024 // 1830-1930 at Soto Physical Fitness Center

\$50 – Active Duty / Retirees

\$60 – Family Members, DOD/DA Civilian

\$70 – All others

PACKET PICK UP: 12 Sep 2024 // 1630-1830 at Freedom Crossing Food Court
13 Sep 2024 // 1130-1300 at Freedom Crossing Food Court
14 Sep 2024 // 1830-1930 at Soto Physical Fitness Center

On 14 September - Packet pickup closes at 1930 for ALL PARTICIPANTS, pre-registered participants and those that register day-of. If packet is not picked up by 1930 bib and chip will not be issued. Individuals can still participate in the event but will not be eligible for awards and time will not be recorded.

This is a competitive event. No Pets. Courses close 15 September at 0200. Those still on a course may request to be picked up and dropped off at starting point or continue without support.

THE TEST: The test consists of a 30km/18.6mile march (march/run) with rucksack containing 11kg (24 lbs). There is no longer a requirement to carry your rifle.

ATTIRE: Approved military uniform. Field uniform/work uniform and military grade boots. The uniform must be within regulation during the march. Civilian events and where civilians partake in a military setting, civilian clothing is allowed i.e., long trousers and boots with a minimum weight of 1.5 kg (3.3 lbs).

Rucksack with content must weigh in at minimum 11 kg/24 lbs. at both start and finish line. Rucksack/backpack of military grade. Civilian participants can use a civilian version of rucksack.

SAFETY BRIEF: 14 Sep at 1745

START TIME: 14 Sep at 2000

AWARDS: Participants who complete the march within the established guidelines pertaining to the test distance, attire, and time requirements, will qualify for the NFM diploma and pin.

EVENT DIRECTOR: Matthew Orłowski, 744-5785.

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Matthew Orłowski
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USAG Fort Bliss MWR