

**ADMINISTRATIVE & OPERATIONAL PROCEDURES FOR CONDUCTING  
FORT BLISS – COMMANDER’S CUP 5K 26 APRIL 2024**

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

**WHAT:** Fort Bliss – Commander’s Cup 5K

**WHEN:** 26 April 2024 // 0630

**WHERE:** Soto Physical Fitness Center (20751 Constitution Ave.)

**ELIGIBILITY:** Active-duty military personnel, Army Reserve, and National Guard service members in an active status assigned or attached to Fort Bliss.

**Bibs will be required of all runners. 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.**

**CATEGORIES:** Individual Men’s and Women’s Age Category. Men’s and Women’s Overall Category. Commanders Cup winner and Runner Up.

**DIVISIONS:** **MEN and WOMEN AGE CATEGORIES**

19 & under years of age  
20-29 years of age  
30-39 years of age  
40-49 years of age  
50+

**REGISTRATION:** **Pre-Registration:**

Active.com through 19 April 2024.

**Late Registration:**

26 April 2024 // 0500 – 0600 at Soto Physical Fitness Center

**PACKET PICKUP:** 24 April 2024 // 1630 – 1830 at Soto Physical Fitness Center  
25 April 2024 // 1100 – 1300 at Soto Physical Fitness Center  
26 April 2024 // 0500 – 0600 at Soto Physical Fitness Center

**On 26 April - Packet pickup closes at 0600 for ALL RUNNERS, pre-registered runners and those that register day-of. If packet is not picked up by 0600 bib and chip will not be issued. Runners can participate in the event but will not be eligible for awards and time will not be recorded.**

**This is a competitive event. Walkers, strollers, and pets are prohibited. Courses close at 0730. Those still on a course may request to be picked up and dropped off at starting point or continue without support.**

**SAFETY BRIEF:** 26 April at 0615

**START TIME:** 26 April at 0630

**PROTESTS:** Protests regarding participant eligibility will be addressed immediately on site with supporting documentation to the Race Director.

**AWARD CEREMONY:** 26 April at approx. 0730

**AWARDS:** (1) Individual 1<sup>st</sup> – 3<sup>rd</sup> place awards will be presented in all men's and women's age categories.

(2) Overall Male & Female

(3) Team Commander's Cup Champion and Runner-Up

Points will be awarded to the top finishers' in each men's and women's age categories. The individual points will accumulate for units competing for the Commander's Cup team awards. Points will be distributed as follows:

7 points = 1<sup>st</sup> place

5 points = 2<sup>nd</sup> place

3 points = 3<sup>rd</sup> place

Unit participation points for running events:

1-25 participants = 10 points

26-75 participants = 20 points

76-150 participants = 30 points

151-250 participants = 40 points

251+ participants = 50 points

**RACE DIRECTOR:** Matthew Orłowski, 744-5785

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Matthew Orłowski  
Sports Coordinator  
USAG Fort Bliss MWR