

**ADMINISTRATIVE & OPERATIONAL PROCEDURES FOR CONDUCTING  
FORT BLISS – NORWEGIAN FOOT MARCH 24 OCTOBER 2025**

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

Guidelines for Norwegian Foot March from the Norwegian Embassy in Washington D.C., Office of the Defense Attache Version 1.6 (16 December 2022).

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

**WHEN:** 24 October 2025 (2000) – 25 October 2025 (0200)

**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 residing in the local commuting area (Fort Bliss and El Paso communities).

**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**

<b>Age Group</b>	<b>Women</b>	<b>Men</b>
18-20 years of age	5h25m	4h35m
21-34 years of age	5h15m	4h30m
35-42 years of age	5h25m	4h35m
43-49 years of age	5h30m	4h40m
50-54 years of age	5h40m	4h50m
55-59 years of age	5h50m	5h0m
60+	6h0m	5h15m

**REGISTRATION:** Active.com September 12 – October 10, 2025.  
**\$10 – Registration Fee**

**-Registration is limited to 500 participants.**

**-Once registered, participants cannot switch registration another person.**

**-Participants must indicate on registration form is this is their 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, or 5<sup>th</sup> NFM. Participants must provide valid documentation to verify participation in previous NFM events.**

**PACKET PICK-UP**

**& BAG DROP OFF:** OCT 20-22 // 1630-1830 at Soto Physical Fitness Center

**CHECK-IN &**

**UNIFORM CHECK:** OCT 24 // 1600 at Soto Physical Fitness Center

**On 24 October – Check-In closes at 1930 for ALL PARTICIPANTS, pre-registered participants and those that register day-of. If check-in is not completed by 1930 bib and chip will not be issued.**

**This is a competitive event. No Pets. Courses close 25 October 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:**

24 OCT at 1945

**START TIME:**

24 OCT 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. Awards will not be issued on site. Awards will be available for pickup at Soto Gym starting NOV 12.

**EVENT DIRECTOR:**

Matthew Orlowski, 744-5785.

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Matthew Orlowski  
Sports Coordinator  
USAG Fort Bliss MWR