

**ADMINISTRATIVE & OPERATIONAL PROCEDURES FOR CONDUCTING  
FORT BLISS – NORWEGIAN FOOT MARCH 27 SEPTEMBER 2024**

**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 DC, Office of the Defense Attache (NFM Guidelines 2023 v1.6).

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

**WHEN:** 27 SEP 2024 (2000) – 28 SEP 2024 (0230)

**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**

<b>Age Group</b>	<b>Women</b>	<b>Men</b>
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 6 September 2024.

\$20 – Active Duty / Retirees

\$25 – Family Members, DOD/DA Civilian

\$30 – All others

**Late Registration:** (\$5 Late Fee)

16 SEP 2024 // 1630-1830 at Soto Gym

17 SEP 2024 // 1130-1300 at Soto Gym

**Registration is limited to 1,000 participants**

**PACKET PICK UP:** 16 SEP 2024 // 1630-1830 at Soto Gym  
17 SEP 2024 // 1130-1300 at Soto Gym

**\*27 SEP 2024 // 1600-1930 at Soto Gym (Check-In / Bag & Uniform Check)**

**On 27 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.**

**This is a competitive event. No Pets. Courses close 28 September at 0230. 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:** 27 Sep at 1945

**START TIME:** 27 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. Awards will not be issued on site. Awards will be available for pickup at Soto Gym starting October 9.

**EVENT DIRECTOR:** Matthew Orłowski, 744-5785.

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Matthew Orłowski  
Sports Coordinator USAG Fort Bliss MWR

