

Norwegian Road March

Rules & Safety

University of Southern Indiana

Norwegian Road March Standards:

- Gender, age and finishing time. See the chart below:

Age Bracket	Female Class & Maximum Time Allowed		Male Class & Maximum Time Allowed	
<i>Up to 34</i>	II	5:15	II	4:30
<i>35-42</i>	III	5:25	III	4:35
<i>43-49</i>	IV	5:30	IV	4:40
<i>50-54</i>	V	5:40	V	4:50
<i>55-59</i>	VI	5:50	VI	5:00
<i>60 and over</i>	VII	6:00	VII	5:15

- Pack and weight. The guidelines state the pack and weapon together shall weigh a total of 11kg (24.244 pounds). To compensate for the weapon, the NRM at USI requires a 25 pound rucksack to account for the total 11kg requirement.
- Course length and conditions. The course shall be 30km (18.6 miles), on good roads, which are currently all hard ball. Furthermore, participants are only supposed to run the course between 0 and 25 degrees Celsius (32 and 77 degrees Fahrenheit).

Individual:

- All participants participating as a team will also be considered for an individual award. However, it is not a requirement to participate as part of a team.
- Participants must complete the distance requirement (30km) within the allotted time mentioned above to be awarded the Norwegian Road March badge.

Award Qualification:

- **Bronze** – Awarded to Participants completing the event 1-3 times
 - **Silver** – Awarded to Participants completing the event 4-6 times
 - **Gold** – Awarded to Participants completing the event 6 or more times
- (Documentation supporting number of times completed should be brought with the participant as proof of prior completion and consideration for higher awards)*

Uniform:

- **All Participants (Military or Civilian) will wear ACU or BDU. Non standard T-shirts may be worn in place of the regulation T-shirts (Under Armor, for example) as long as it is of the same color. Distinctive unit T-shirts are authorized and is encouraged for unit esprit de corps for wear underneath the ACU/BDU coat.**
- **Reflector belt is required to be worn by each participant during the entire march**
- **Footwear is limited to Army authorized boots. (NO Hi-Tec or similar civilian style boots)**
- **ACU/ BDU soft cap will be worn during event.**
- Each individual is required to carry a military issued rucksack with frame weighing a minimum of 25 pounds. The 25 pounds can be anything **except: water, sand, rocks or any other items that can be replenished along the route.** Each rucksack will be inspected and weighed prior to starting the march and again at the finish line as the participants complete the march.
- Load bearing Vest or Load carrying equipment with at least pistol belt, suspenders, two ammo pouches and two one quart canteens are NOT required but may be worn.

Teams:

- Teams will consist of 4 members. ROTC Cadre can be apart of a team if desired. All members must cross the finish line within 25 meters of each other.
- Any team finishing with less than 4 members will be disqualified. A team will not leave a member behind or unattended. If a person cannot continue, it is the team captain's responsibility to ensure that they get to a check point or medical aid. Once this is accomplished the team may continue on the march, however, the team will incur a 25 minute penalty for each person not present.
- Hydration packs (Camelbacks) are authorized during the march
- Walking or hiking sticks of any kind are not authorized. Failure to comply will result in the team's disqualification.
- **Strict adherence to No Trace Left Behind Ethics will be enforced. Any team or individual caught littering or destroying the natural terrain will be immediately disqualified.**
- All members of the team must attend the march briefing given prior to the start of the march. Any team not attending the briefing will not be allowed to start the march.
- For any questions, discrepancies or grievances, the team captain will report to an event official. The event OIC will have the final decisions on all matters.
- **Any team or individual caught leaving or altering the course will be immediately disqualified.**

Civilian Division:

Teams:

- Teams will consist of 4 members. All members must cross the finish line within 25 meters of each other.
- Any team finishing with less than 4 members will be disqualified. A team will not leave a member behind or unattended. If a person cannot continue, it is the team captain's responsibility to ensure that they get to a check point or medical aid. Once this is accomplished the team may continue on the march, however, the team will incur a 25 minute penalty for each person not present.
- All participants will have some means of hydration. A hydration pack may be worn.
- Walking or hiking sticks of any kind are not authorized. Failure to comply will result in the team's disqualification.
- Strict adherence to No Trace Left Behind Ethics will be enforced. Any team caught littering or destroying the natural terrain will be immediately disqualified.
- All members of the team must attend the event briefing given prior to start of the race. Any team not attending the briefing will not be allowed to start the march.
- For any questions, discrepancies or grievances, the team captain will report to an event official. The event OIC will have the final decisions on all matters.

Uniform:

- Teams will wear any type of clothing to execute event successfully within good taste. Team shirts or other distinctive apparel are authorized.
- Each individual is required to carry a back pack capable of carrying 25 pounds. The 25 pounds can be anything except: water, sand, rocks or any other items that can be replenished along the route. Each pack will be inspected and weighed at the start and finish line as the participants complete the march. Cross-loading of equipment is authorized; however, each person must start and finish with their personal equipment.

Registration Process / Entry Fee:

- Each team will submit a registration form with a waiver signed by all participants. Registration form and form of payment must be submitted NLT **the date specified by the website.**

Safety Considerations

- Drink plenty of fluids. Hydrate yourself prior to the morning of the 30 KM march. The weather is generally cool this time of year; however, everyone is still prone to dehydration. There will be a water point and check point at every 3 miles of the route.
- Ensure you train and condition before conducting the march. You should train by walking at least 12-15

miles once a week and 6-8 miles 2-3 times weekly. Build your miles gradually over a period of time, this will condition your feet to walk for a long distance by toughening the skin on the bottoms of your feet. Wear quality boots and ensure that they are thoroughly broken-in before the day of the march. Do not wear new boots on the march and wear quality socks. Do not use anything that you have not trained with.

- During the march, keep your feet dry and clean. Bring enough socks to change during the march and always use foot powder. Take care of hotspots quickly before they become bothersome blisters.
- The trail the march takes place on covers a variety of different terrain. The route is characterized primarily by paved roads; however, there may be portions of gravel. Beware of loose rocks, branches, and drop offs. Depending on the weather for the day of the event, there could be snow, ice, or wet spots along the route. Along the route you might come across various types of wildlife, leave them alone and they will leave you alone.
- In case of an injury during the march, report to a check point. If a team member cannot make it to a check point, roving patrols with medics are available along with local and state law enforcement on roving patrol and in the front and rear of the formation. Do not, under any circumstances, split your team up or leave a person behind. Maintain accountability at all times.