



MARCH FOR HEROES

30K NORWEGIAN RUCK MARCH

APRIL 20TH 2024

This RUCK is a 30K march (walk/run) with a rucksack weighing 11kg at both the start and finish line. Dry non-perishable goods can be used for the 24.25 lbs. and donated at the end of the event to fight hunger in our community.

Active-duty, veterans, and civilians are all welcome to participate in this challenging event. Finish within the allotted time to be awarded the coveted Norwegian Foot March Badge and Certificate!

Your participation will help support the programs and services at Mt. Carmel Veterans Service Center

EVENT ADDRESS

1045 Lower Gold Camp Rd.



719-772-7000 | VeteransCenter.org

30K NORWEGIAN RUCK STANDARDS

Must finish the 30K Ruck March course within the allotted time below, to be awarded the Norwegian Foot March Certificate.

TIME REQUIREMENTS

Age	Females	Age	Male
18-20	5:25	18-20	4:35
20-34	5:15	20-34	4:30
35-42	5:25	35-42	4:35
43-49	5:30	43-49	4:40
50-54	5:40	50-54	4:50
55-59	5:50	55-59	5:00
60+	6:00	60+	5:15

The RUCK is a 30 km (18.64-mile) march (march/run) with a rucksack weighing 11 kg (24.25 lbs.). The rucksack must weigh at least 24.25 lbs. at both start and finish line.

Military and civilians can wear Civilian attire or unit hoodie/t-shirt. Military or civilian ruck sacks are allowed. All Participants must wear military or civilian boots.

Dry non-perishable goods can be used for the 24.25 lbs. and donated at the end of the event to fight hunger in our community.

