



MARCH FOR HEROES

30K NORWEGIAN RUCK MARCH

MAY 10TH 2025

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!

\$40.00 Early Registration

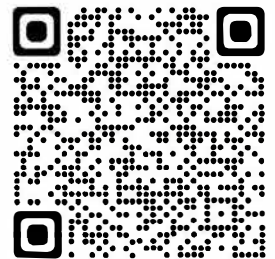
Your participation will help support the programs and services at Mt. Carmel Veterans Service Center

EVENT ADDRESS

1045 Lower Gold Camp Rd.



Register here



719-772-7000 | VeteransCenter.org

Organization: Mt. Carmel Veterans Service Center

Intent: To spread esprit de corps among many military units and the community of Colorado Springs, Colorado while supporting Mt. Carmel Veteran's Service Center.

Rules:

1. 18.64-mile route
2. 24.25 lb. ruck weighed before and after event
3. Civilian event – civilian clothing, long trousers, boots min weight 3.3 lbs.
4. Assistance from non-participants prohibited except for first aid, water and food stations.
5. To earn the NFM Certificate and pin: finish in the allotted time for your age and gender.

Requirements		
Age group	Women	Men
18-20	5h25m	4h35m
21-34	5h15m	4h30m
35-42	5h25m	4h35m
43-49	5h30m	4h40m
50-54	5h40m	4h50m
55-59	5h50m	5h0m
60+	6h0m	5h15m

Concept of the Operation:

On May 10th, all personnel registered will conduct the NFM within the guidelines provided.

Timeline: 0530-0630 sign in/ weigh rucks
0700 Start

Registration: is from QR code on Mt Carmel flier.

Address: 1045 Lower Gold Camp Rd
Colorado Springs, CO. 80905

Map Legend:

1. Start/ Finish
2. Ambulance – Emergency evac route
3. Water Station
4. First aid / Snack Station
5. Water Station
6. First aid / Snack Station
7. Water Station
8. First aid / Snack Station
9. Evac route
10. Evac route

PARKING LOT

