



**DEPARTMENT OF THE NAVY**  
NAVAL RESERVE OFFICERS TRAINING CORPS  
UNIVERSITY OF COLORADO BOULDER  
374 UCB FOLSOM STADIUM  
BOULDER, COLORADO 80309

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06 FEB 26

From: Colorado Meet Officer in Charge, Naval Reserve Officers Training Corps, University of Colorado Boulder

To: All Hands

Subj: COLORADO MEET 2026 ENDURANCE RACE LETTER OF INSTRUCTION (E-RACE LOI)  
SPRING 2026

Encl: (1) Uniform and Gear  
(2) Operation Risk Management  
(3) Timeline of Events and Squad Roster  
(4) Stations and Grading  
(5) Course Maps & Emergency Route  
(6) Pool and Field PT Diagrams  
(7) Inclement Weather Workout  
(8) Calisthenic Form Guide  
(9) After Action Report

1. Orientation. The Colorado Meet Endurance Race will take place throughout the University of Colorado (CU) Boulder campus. Beginning with the swim portion on 6 MAR 2026, the race continues the next day (7 Mar 2026) through the CU Boulder campus, past Chautauqua Park, and up to Green Mountain summit. Participants should be aware that Boulder's elevation is approximately 5,370 feet, with sections of the course rising above 8,000 feet. To minimize the potential for altitude-related issues, teams are advised to arrive physically prepared and maintain adequate hydration. A map of the course is provided in Enclosure (5).
2. Situation. The Colorado Meet will feature a Team Endurance race in Boulder, Colorado. The event will use CU's recreational and athletic facilities, campus paths and fields, as well as Chautauqua Park. Participants will engage in a variety of physically demanding challenges, including swimming, running, calisthenics, casualty evacuation (CASEVAC), and rucking across miles of rugged mountainous terrain. Various stations will be set up throughout the course for an option to re-supply and/or fill hydration. This race challenges teams to compete while overcoming the unique difficulties of mountainous terrain and high-altitude conditions, covering roughly 13 miles worth.
3. Mission. On 6 MAR 2026, the Colorado Meet will commence an Endurance Race mission from 1900 to 2300, and 0500 to 1700 on 7

MAR 2026, designed to test the physical and mental fortitude of NROTC teams. In a team-oriented operation, teams will navigate through a series of intense challenges. This begins with a pool-based evolution on 6 MAR 2026, transitions into a CASEVAC operation the following day - 07 Mar 2026 then continues with a demanding ruck march through the challenging terrain of Chautauqua Park, then finishing with a series of physically demanding calisthenic stations. Schools should send their most capable and resilient teams to conquer the Colorado Meet Endurance Race.

4. Execution.

a. Concept of Operations. On 6 MAR 2026, six-member teams will arrive at the opening ceremony 1400 in NWUs/MARPATS - preferably with PTUs underneath, ready to execute a series of physically and mentally demanding objectives. Each team **must include one female midshipman** and may incorporate up to three Marine Enlisted Commissioning Education Program/Officer Candidate (MECEPs/OCs), though this is not required. Only one staff member is authorized to join and spectate their team of 6. At **NO time** will the staff member be participating in the pool portion, litter carry for the CASEVAC or carrying required weight. They may join in the exercises the following day if they so wish but their participation will not be counted towards the team repetitions (e.g. if log pt is conducted, the staff member may choose to hop on the log but any reps done with the staff member will not be counted). The race begins with a pre-event briefing and gear distribution. Squads will then conduct accountability and gear checks before moving through a series of evolutions designed to test resilience, cohesion, and adaptability. The race begins with a timed, pool-based evolution at the CU Boulder Recreational Center, incorporating swim drills, treading water, and calisthenics. The following day, squads will transition to a CASEVAC, transporting a simulated casualty through campus. They will then execute a land-based team workout, under squad-level coordination, before proceeding to Chautauqua Park. Teams will then conduct a ruck march across mountainous terrain, with multiple stations along the route presenting problem-solving scenarios and additional physical challenges. Teams will then conduct another land based calisthenic workout before finishing the race with ranger pushups at the CU Boulder Buffalo Statue. Safety officers and guides will be stationed throughout the course to ensure operational integrity and monitor the condition of all participants.

b. Tasks.

(1) All participants. Verify that all required gear listed in Enclosure (1) is accounted for. Review and

familiarize yourself with all provided materials, including this LOI and any accompanying documents. Arrive prepared by maintaining proper physical fitness, ensuring you have all required gear before start times, and you are well-hydrated prior to the event.

(2) **Squads.** Appoint squad leaders no later than **06 FEB 2026** and provide the name and contact information to the event coordinator at CU NROTC. This individual will represent the squad at all introductory meetings and will disseminate any follow-on guidance and information.

(3) **Appointed Squad Leaders.** Ensure your squad is prepared for the race. This includes verifying that all necessary gear is accounted for, functional, and ready at the designated time. All instructions and tasks will be communicated directly to the squad leaders.

(4) **E-Race Guides.** Guides are responsible for familiarizing themselves with the route and teams and ensuring that their teams navigate the course correctly and safely. Update the OIC and E-race HQ with locations of teams during the race.

(5) **E-Race Officer-In-Charge (OIC).** Distribute all required documents promptly and ensure they are received by all relevant parties before the race begins. Coordinate with CU NROTC, the City of Boulder, and other involved entities to secure race locations, spaces, and the manpower necessary to proctor the event. Provide guidance and support to proctors and staff as needed to ensure all assigned tasks are completed on schedule.

(6) **E-Race Assistant OIC.** Assist the OIC with the planning and execution of the event. This includes ensuring all required tasks are completed efficiently, all necessary gear is secured and staged prior to the race, and the CU NROTC gear inventory is checked, marked, and prepared according to the schedule.

(7) **Supply OIC.** Ensure CU NROTC gear is inventoried, marked, and ready to support the race in accordance with the posted planning milestone schedule.

(8) **Safety Drivers.** Drive the safety route and be ready to aid lost or injured teams.

(9) Mountain Proctors. Run the mountain portion of the course with a radio and be ready to aid lost or injured teams.

(10) Station Proctors. Ensure all exercises are conducted with proper form and under strict adherence to safety protocols. Inform guides of station checkpoints to ensure constant accountability of teams and update OIC on race execution.

(11) Pool Staff. Monitor teams for safety in the water and supervise calisthenics exercises to ensure proper form and number of repetitions.

(12) HQ Staff. Aid E-Race OIC and AOIC with specified tasks.

(13) Team Staff Members. Each team is permitted only one staff member to participate with them in the endurance race. Staff members must comply with all instructions from MIDN proctors. Disputes regarding form or other race elements will result in a warning for the first infraction, with subsequent issues escalated to the Colorado Meet Staff OIC, the CU NROTC Executive Officer (XO), and the CU NROTC Commanding Officer (CO). CU NROTC reserves the right to prohibit staff members from participating alongside their teams if mountain conditions or other factors warrant such action.

(a) Infractions may result in time penalties being assessed against the offending team.

(b) Egregious infractions may result in teams being disqualified from the endurance race.

(c) Staff members must bring all of their own equipment. No equipment will be given to staff members.

c. Coordinating Instructions.

(1) See Enclosure (3) for event timing information.

(2) The race will be run in boots and utilities, as well as any cold weather gear or waterproofing layers your squad deems necessary.

(3) Fees - \$100 per team

(4) At least **4 members** from each team will check in on Friday - 6 MAR 2026, directly after the opening ceremony (1500-1600) to the CU NROTC supply - Stadium Gate 6 - to organize and stow their gear for the next day. Every member from all teams will then move to Engineering Center Classroom ECCR 265 from 1700-1830 to take accountability and attend a safety brief with E-race OIC and Corpsmen before transitioning to the pool to begin their first evolution as shown in Enclosure (3).

5. Administration and Logistics.

a. Administration.

(1) Medical. Teams should be aware Boulder, Colorado, is at high elevation and proper hydration is critical for success. Electrolytes and carbohydrates, in addition to water, are strongly recommended. Teams shall communicate any medical concerns to the CU NROTC E-Race coordinator at least two weeks before the race. Ensure that all medical documentation includes accurate emergency contact information and promptly forward any updates or corrections to the E-Race coordinator.

(2) Proctors. Proctors only. Upon assignment to a station, station proctors will be responsible for setting up and maintaining their station, overseeing the station as squads arrive, gathering any required materials for the station, and ensuring the proper breakdown and return of borrowed gear after the station is cleared. Proctors are responsible for ensuring that the requirements for each team going through their stations are fair and applied consistently.

b. Logistics.

(1) Supply. Each squad will carry a first aid kit and pole-less litter. Additional first aid supplies will be located at each checkpoint. Squad leaders will carry mobile phones for emergency use only.

(2) Uniforms. See Enclosure (1) for proper uniforms.

(3) CU NROTC gear. Responsibility of CU NROTC supply.

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(4) Squad Gear. Squad leaders are responsible for bringing all gear on the gear list and maintaining accountability for such gear. CU NROTC will not provide any missing gear. See Enclosure (1) for the minimum gear required.

\_\_\_\_\_(5) Chow. Units must arrange their **own meals**.

6. Command and Signal.

a. Command. Endurance Race OIC, MIDN 2/C Anderson, and AOICs, MIDN 2/C Burns and MIDN 3/C Smith, will always remain reachable via cell phone or radio. In the event of an incident, teams must assess the situation, provide local treatment, if possible, and notify the nearest station. In extreme scenarios, teams should call for external assistance (e.g., 911). Team proctors must contact the E-Race OIC and Colorado Meet OIC in case of an emergency.

b. Signal. Cell phones and/or radios will be used by all event staff to reach the Chain of Command (COC) and all checkpoints as deemed necessary.

\_\_\_\_\_(1) Point of Contact

(a) MIDN 2/C Walker (CO Meet OIC):  
Cawa1817@colorado.edu  
(760) 994-2806

(b) MIDN 2/C Bracke (CO Meet AOIC):  
mabr2093@colorado.edu  
(720) 990-9450

(c) MIDN 2/C Anderson (Event OIC):  
Maan9645@colorado.edu  
(774) 419-2945

(d) MIDN 2/C Burns (Event AOIC):  
Fibu9595@colorado.edu  
(760) 643-6023

(e) MIDN 3/C Smith (Event AOIC):  
Masrn5424@colorado.edu  
(320) 423-6574

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M. T. Anderson

**Enclosure (1)**

**Uniform and Gear**

1. **Uniform**. The authorized uniform for the operation is NWU/MARPATS or any variation of authorized boots and utilities. Boonie covers, as well as any additional warming layers or skivvies' participants deem necessary, are authorized. Given the unpredictable climate in Colorado, squads should prepare for any seasonal factor (e.g., rain, hail, and snow) and bring adequate warming layers. Squads must bring a set of PTUs for the pool phase. Boots and shoes are strictly prohibited in the pool. All pool utilities must be thoroughly washed prior to the event to ensure pool decontamination.
2. **Gear List**.
  - a. Each squad will be given a total of 150 pounds (2, 50lb sandbags, 2 25lb sandbags) to carry. This weight may be distributed however the squad sees fit.
  - b. Individuals will be required to carry at least 3-liters of water each (18 liters minimum per team). Any additional individual and squad gear may be stored in any of the 4 packs.
  - c. Squads will NOT bring their own weight. Weight will be supplied.
  - d. Squads are highly encouraged to bring their own ILBE packs. Packs must be an Improved Load Bearing Equipment (ILBE) or Family of Improved Load Bearing Equipment (FILBE) variation and must be dropped off NLT the prerace brief directly after the opening ceremony around 1600 in CU NROTC Supply. If units are unable to provide their own ILBEs, team captains must contact the Endurance Race OIC **NLT 01 February 2026**.
  - e. Failure to bring required gear including water will result in disqualification and inability to compete in the endurance race.
- 3.

GEAR ITEM	REMARKS
<b>Squad Gear</b>	
(4) Backpacks (ILBE) **	Used to carry gear / weight
Cell Phone	For emergency use only
Duct Tape	

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Sunscreen	
Note Taking Gear	
Trash Bag	To carry team's trash

Weight*	150 lbs. per team
First Aid Kit*	Tourniquet and basic blister/wound care equipment
School or Unit Flag	Required for Green Mountain summit photo
Water Jugs	Each team will be supplied 1 gallon of water at base of green mountain
Liquid IV	Each team will be supplied with liquid IV for the race

<b>Individual Gear</b>	
Spare Socks	Minimum two pairs per person
Camelbak or Canteens	<b>REQUIRED:</b> Minimum 3 liters per person
Boots	Broken-in, does not have to be steel toed
NWU/MARPATS/Utilities	Can bring secondary set as backup
Neutral Color Undershirt	Green, Blue, Black, Gray, Brown, Unit PT shirt. Teams must match.
Gloves	Cold Weather
Cold Weather Gear	Gore-Tex shell or similar warming layer

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Traction Equipment**	Bring your own or contact CU NROTC <b>1 month prior to event</b> for traction gear availability
PTUs and goggles	Required for pool station
Towel	Dry off after pool pt
Headlamp	<b>REQUIRED:</b> For green mountain ruck in the dark. (1 per person)*Failure to do so will result in disqualification*

Station Staff	
Notepad/Pen	Record arrival and departure times of each team at each station
First Aid Kit	Basic cuts & blister care equipment
Trauma Kit	Tourniquets, Splints, Chest Seals, etc.
Charged Cell Phones	
Van	3; Emergency use and station setup
Water Jugs	Placed at designated stations (15 total)
Pop-Up Canopy	Where appropriate station-wise
Infractions / form list	To ensure proper form and record any infractions for time penalties

Other gear provided by CU NROTC	
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Radios	Provided to selected personnel
Water Jugs	15
Coolers	3
IBLE Rucks	34
One charged cell phone and map per safety observer	
Oxygen tank	1 located at pool, 2 per phase (campus & mountain base & summit)
Ammo Cans	29 at Kittredge Field
Tires	2
Logs	4
Mini cones	50 at Farrand Field/ 20 at Chautauqua
Pool Weight (blocks)	3
Litters	30
Crampons (Varied Sizes)	94 (pairs)
Sand babies	80

Each team is required to have the gear listed under squad gear and individual gear. If gear is missing, the team will be disqualified from the race and unable to compete.

\*- indicates gear will be provided by CU NROTC

\*\*- indicates gear can be reserved. Teams should bring their own gear, reserving equipment only if absolutely necessary. (Sec. 2 Gear List)

**Enclosure (2)****Operational Risk Management**

Identify the Hazards			Assess Hazards		Make Risk Decisions			Implement Controls	
Lesson #	Training Topic / Event / Step	Hazard and Root Cause	Potential Injury	Initial Risk	Type of Control	Student to Instructor Ratio	Residual Risk	Clear and Concise Control Implementation	
1	E-race	Moderate / Severe injury due to the intensity of the E-Course	Broken bones, severe cuts, wounds, and other severe injuries	I/C = 2H	Each team guide and station will have a first-aid kit and radio. Safety drivers will be stationed along the course and will be provided routes & plans for all emergencies	6-1	I/E = 3M	OIC and AOICs to ensure teams be provided a first aid kit and radio and maintain proper coordination of safety drivers along the route. Physical performance requirements to be enforced for participant entry	
2	E-race	Slipping and falls due to walking / running during pool section	Death, Brain Injuries, Broken bones, dislocations severe cuts, wounds, and other severe injuries	I/C = 2H	There will be lifeguards and proctors on standby within the pool area to ensure safe maneuver in the pool area and on standby for any potential injuries.	6-4	I/D = 2H	OIC and AOICs to coordinate with Rec Pool personnel and BN to provide and ensure proper management is present during the pool evolution	
3	E-race	Slipping and falls due to walking / running outside on slippery surface	Death, Brain Injuries, Broken bones, dislocations, severe cuts, wounds, and other severe injuries	I/C = 2H	Teams will stay on cleared out dry paths. Each team guide and team will have necessary equipment to traverse the paths. Safety drivers will be stationed along the course.	6-1	I/D = 2H	OIC and AOICs to ensure teams be provided a first aid kit, crampons, and a radio and maintain proper coordination of safety drivers along the route	
4	E-race	Teams finishing after dark in the mountains due to completing course slowly	Could result in unsafe conditions and potential injuries for teams on the course	I/E = 3M	A drop dead time 1300 for the green mountain section and a drop dead time of 1600 for the entire course will be in place to ensure no teams continue competing by sunfall. Route maps to be provided to all personnel for usage.	6-1	II/E = 4L	OIC and AOICs to monitor drop-dead times as well as train proctors/guides on these times. If any teams are still competing, safety vics to be dispatched to their locations.	
5	E-race	Drowning or blackout in shallow water due to exhaustion during pool section	Death, hypoxia, hypoxemia, cardiac arrest, and brain damage	I/E = 3M	There will be a lifeguard on duty who knows CPR and how to operate and AED. They will be assisted by first aid certified MIDN as necessary. Pool proctors to aid in removing struggling individual from pool if spotted.	18-4	II/D = 3M	OIC and AOICs to coordinate with Rec Pool personnel and BN to provide and ensure proper management is present during the pool evolution.	

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6	E-race	Muscle Deterioration (Rhabdomyolysis) due to overworking of the body	Muscle disintegration, kidney damage, muscles swelling, weak muscles, tender and sore muscles, dark urine that is brown or tea-colored, dehydration, decreased urination, nausea, loss of consciousness.	I/E = 3M	Physical performance requirements have been enforced for participant entry. PT plan will be reviewed and approved by staff to minimize risk. Proctors, guides and teams alike are to be briefed on elevated medical conditions and how to remedy and deter symptoms. Safety drivers will be stationed along the course.	6-1	II/D = 3M	OIC and AOICs to ensure teams and stations be provided necessary equipment and maintain proper coordination of safety drivers along the route. Guides and proctors will be trained on how to identify potential injuries and illnesses, and are to communicate accordingly.
7	E-race	Inclement Weather	N/A	III/B = 3M	Tracking change in weather and will enact an alternate inclement weather plan	N/A	III/E = 4L	OIC to ensure tertiary plans are followed and will update event accordingly based on weather outlooks
8	E-race	Missing Teams / Members due to getting lost on the course	Receiving injuries due to exposure to the environment and severe weather conditions for too long	III/C = 3M	Guides to run the course for route knowledge. They will also be given a map of the course, trail permits, and a radio in case they get lost.	6-1	III/D = 4L	OIC and AOICs to brief guides/proctors on routes and gauge their ability to utilize a map and radio. Safety vehicles to be stationed throughout course.
9	E-race	Loss of communication due to radio failure	Injuries acquired on the course not being reported up to be addressed	II/D = 3M	All guides will have a radio. All CU NROTC members will have their self phone on them, and stations will have radios and cell phones.	6-1	II/E = 4L	OIC and AOICs to ensure at the event brief, cell numbers are provided as well as accounting for cell phones brought day of event. Guides/Proctors to be trained to provide updates for teams every station arrived/left.
10	E-race	Muscular injury due to lack of proper form	Pulled or strained Muscles	II/D = 3M	At each station, guides will demonstrate proper forms and make corrections. Safety vehicles will be ready at each station.	6-1	II/E = 4L	OIC and AOICs to ensure guides' understanding of exercise proper form and ability to demonstrate
11	E-race	Sprained ankle due to running / walking on uneven and slippery surfaces	Torn or sprained muscles	II/D = 3M	Teams will stay on cleared out dry paths. Each team guide and team will have necessary equipment to traverse the paths. Safety drivers will be stationed along the course.	6-1	II/E = 4L	OIC and AOICs to ensure teams be provided a first aid kit, crampons, and radio and maintain proper coordination of safety drivers along the route

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12	E-race	Muscle Strains due to workout intensity / tight muscles	Muscle Strains / Pulled muscles	III/C = 3M	Physical performance requirements to be enforced for participant entry. Proctors, guides and teams alike are to be briefed on elevated physical conditions and how to remedy and deter symptoms. Safety drivers will be stationed along the course.	6-1	III/D = 4L	OIC and AOICs to ensure guides and proctors will be trained on how to identify potential injuries and illnesses, and are to communicate accordingly. and maintain proper coordination of safety drivers along the route
13	E-race	Over Exhaustion / Fatigue due to intesity of course	Loss of consciousness, headaches, muscles aches, weakness, extreme tiredness	III/C = 3M	Physical performance requirements to be enforced for participant entry. Proctors, guides and teams alike are to be briefed on elevated physical conditions and how to remedy and deter symptoms. Safety drivers will be stationed along the course.	6-1	III/E = 4L	OIC and AOICs to ensure guides and proctors will be trained on how to identify potential injuries and illnesses, and are to communicate accordingly. and maintain proper coordination of safety drivers along the route
14	E-race	Tiredness / soreness due to intesity of course	Muscle aches, headache and dizziness, difficulty of concentration, extreme tiredness	IV/A = 3M	Physical performance requirements to be enforced for participant entry. Proctors, guides and teams alike are to be briefed on elevated physical conditions and how to remedy and deter symptoms. Safety drivers will be stationed along the course. Teams will be required to rest and be checked if unable to continue or feel too weak	6-1	IV/C = 4L	OIC and AOICs to ensure guides and proctors will be trained on how to identify potential injuries and illnesses, and are to communicate accordingly. and maintain proper coordination of safety drivers along the route
15	E-race	Traffic collision / Vehicular assault	Death, Brain Injuries, Broken bones, dislocations, severe cuts, wounds, and other severe injuries	II/D = 3M	Guides are to act as road guards and will aid in safe team movement across any roads. Safety drivers will be stationed along the course.	6-1	I/E = 3M	OIC and AOICs to ensure guides are informed on how and where to cross streets and maintain proper coordination of safety drivers along the route. Route maps to be provided to all personnel for usage.
16	E-race	Teams Verbally / Physically harrased during race portions in public	Severe cuts, Bruises, broken bones and other serious injuries if turned physical	III/E = 4L	Teams, guides, proctors will be trained to report incident to OIC or Staff to help solve the issue. Guides should report it up immediately if physically assaulted.	6-1	III/E = 4L	OIC and AIOCs will brief guides/proctors on how to handle harrasment. Staff and OIC on standby to intervene if needed. Boulder PD to be spoken with about event's happening to minimize outside interaction.
17	E-race	Stopped by police or ranger for using mountain portion of the course	N/A	IV/D = 4L	Each guide will show them the permit allowing us to utilize the mountain trails. If issues persist, the guides shall direct them to OIC or Staff to solve the issue.	6-1	IV/E = 4L	OIC and AIOCs will brief guides on what to do and each guide will be given a paper and digital copy of the permit.
18	E-race	Loss of gear due to accountability	N/A	III/D = 4L	Gear checks conducted before and at the completion of the race and E-Race guides with check gear during the race	6-1	IV/E = 4L	OIC and AOICs to brief competitors and guides prior to the race, ensuring team compliance. Rental equipment will be offered by CU NROTC as needed
19	E-race	Portion of the course blocked due to physical reasons (construction, fallen trees in mountain paths, etc..)	N/A	IV/E = 4L	Guide to radio/phone up to find out how to proceed on the course. Route maps to be provided to all personnel for usage.	6-1	IV/E = 4L	OIC and AIOCS will brief guides on alternate routes as well as how to report any obstacles and ask for guidance before proceeding
20	E-race	Potential wildlife encounters (e.g. bears, mountain lions, etc.)	Could result in unsafe conditions and potential injuries for teams on the course	I/D = 2H	All guides will have a radio. All CU NROTC members will have their self phone on them, and personnel will communicate encounters immediately if made.	6-1	II/D = 3M	OIC and AOICs will brief guides/proctors on potential wildlife encounters and ensure they understand to contact local emergency services and staff immediately in the event
21	E-race	Eye injury due to branches on Green Mountain Course	Could result in eye injury and removal from competition	III/C = 3M	Participants will have headlamps to ensure vision of the course	6-1	III/C = 3M	OIC and AOICs will ensure that each participant comes equipped with a headlamp

Enclosure (3)

**Roster & Timeline of Events****Squad Roster**

	<u>ALPHA</u>	<u>BRAVO</u>	<u>CHARLIE</u>	<u>DELTA</u>	<u>ECHO</u>	<u>FOXTROT</u>	<u>GOLF</u>	<u>HOTEL</u>
<u>1<sup>st</sup> Squad</u>	Team 1	Team 5	Team 9	Team 13	Team 17	Team 21	Team 25	Team 29
<u>2<sup>nd</sup> Squad</u>	Team 2	Team 6	Team 10	Team 14	Team 18	Team 22	Team 26	Team 30
<u>3<sup>rd</sup> Squad</u>	Team 3	Team 7	Team 11	Team 15	Team 19	Team 23	Team 27	N/A
<u>4<sup>th</sup> Squad</u>	Team 4	Team 8	Team 12	Team 16	Team 20	Team 24	Team 28	N/A

**6 MAR 2026**

Time	Personnel	REMARKS
1900	ALL	ALPHA & BRAVO squads begin pool phases 1 & 2 respectively
1940	ALL	CHARLIE & DELTA squads begin pool phases 1 & 2 respectively
2020	ALL	ECHO & FOXTROT squads begin pool phases 1 & 2 respectively

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2100	ALL	GOLF & HOTEL squads begin pool phase 1 & 2 respectively
2200	ALL	Drop Dead for pool portion

**7 MAR 2026**

Time	Personnel	REMARKS
0500	Alpha Squads	First heat begins from Buff Statue
0520	Bravo Squads	Second heat begins from Buff Statue
0540	Charlie Squads	Third heat begins from Buff Statue
0600	Delta Squads	Fourth heat begins from Buff Statue
0620	Echo Squads	Fifth heat begins from Buff Statue
0640	Foxtrot Squads	Sixth heat begins from Buff Statue
0700	Golf Squads	seventh heat begins from Buff Statue
0720	Hotel squads	Final heat begins from Buff Statue
0600	ALL	Estimated first team begins Green Mountain portion
0900	ALL	Estimated Last team Completes CASEVAC (3)
1230	ALL	Estimated the last team finishes mountain stations

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1230	ALL	Mountain Stations 4-7 drop dead time
1400	ALL	Summit station drop dead time
1630	ALL	CFT drop dead time
1700	ALL	Drop dead time

**Enclosure (4)**

**Stations & Grading**

**Friday 6 MAR 2026**

**1. Pool.**

The pool portion of the event will challenge the squads with a combination of swimming, calisthenics, and teamwork under pressure. Phase 1 and 2 begin at the same time, with 4 teams in dive well and 4 teams in the lap pool. Teams should arrive early, as the recorded time begins directly at their stated start times.

a. Phase 1. Phase 1 will occur in the dive well in which 4 teams will enter at a time. 3 members from each team will swim across the well while the remaining members tread water whilst lifting a swim block. The swimmers will then perform 30 gutter-ups, 50 pushups, 15 pullups and 25 squats. Once all 3 members have completed the exercises, swimmers will head back to the squad and rotate with the other 3 members. The squad may pass the weight amongst themselves, but it must remain above the water line as long as possible. Each time the block is submerged into the water, the team will incur a 2-minute time penalty. The brick may be dropped, and the team will incur a 15-minute penalty. Phase 1 ends once each member has completed the swim and calisthenics.

b. Phase 2. Phase 2 will occur in the lap pool in which 4 teams enter to begin the evolution. The team must swim a total of a 1000 yards (40 lengths) in either combat sidestroke or breaststroke form. The team can have 2 members in the pool at once completing the swim. The team will also have to complete a total of 500 pushups, 500 2-count flutter kicks and 300 squats. If a different swim stroke is used than the two listed, the length will be considered 'ineligible' and the individual must recomplete it with the correct swim stroke. Phase 2 ends once the team has completed the swim and calisthenics.

Each phase must be completed in 15 minutes (time extended as allowed depending on competitor numbers). Teams exceeding this time limit will incur a 15-minute penalty per incomplete phase. Transitions between phases may not take longer than 2 minutes.

After completing the pool evolution, the squads will change into dry appropriate civilian attire or unit polos. From there they may choose to head back to STAD 140 for any other questions or concerns involving the evolution the following day or may excuse themselves for the remainder of the evening.

- Team staff members will not be allowed to participate in the pool portion

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- Participants must wear PTUs; Dive masks and/or swim comp. goggles are authorized. No other equipment such as fins or the like will be allowed.
- For the pullups, the team member's chin must rise above the bar for the repetition to count.
- A complete gutter up is placing hands on the upper ledge of the pool deck and lifting the body up until arms are locked out.
- The two-count flutter kicks are conducted by the competitor placing their hands underneath or on the sides of their body and lying flat on the deck, counting each rep once two flutter kicks are completed.
- Teams must abide by hand placement for the treading, indicated by the instructor at the pool. Touching a wall or assisting a teammate will result in a 2-minute penalty to their time.

There will be a total 30-minute time limit enforced for the pool section and all penalties will be added to squads' time after completion of the station. Gear will be staged on the pool and boots will not be worn for the Pool section. In the case of a squad member not being able to complete the event entirely, the remaining members of the squad will finish without them, and a 10-minute time penalty will be enforced. Any team that loses a squad member will not be eligible to place above 4th in the overall race results.

See Enclosure (6) for a diagram.

**Saturday, 7 MAR 2026**

**2. Stations (1-3) CASEVAC.**

Starting at the Buff Statue in front of Balch Fieldhouse, teams will begin by completing 20 overhead log presses, 20 log lunges, and then 20 log sit-ups. Teams can only have 4 members on a log at once. The rest of the members will be holding a plank. Teams may switch people in between the types of workouts but cannot change people during one work. So, the same 4 members must complete all 20 overhead log presses at once.

- An alternating log shoulder press involves moving the log overhead from one shoulder to the other, with one repetition counted after the log has traveled from one side to the other and back.
- Log lunges require squad members to align themselves on alternating sides of the log. Each lunge is one rep.
- Log sit-ups require squad members to align themselves along one side of the log, getting into the sit-up position, and perform sit-ups simultaneously.

Teams - once finished with the log PT, Teams will buddy carry one member up and around Norlin library and back down to the recreational center. From there teams may stop the buddy carry and continue down

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behind the rec center, on the ramp to Station (1): CASEVAC. Teams may switch out who they carry. At station 1, teams will complete 50 squats, 40 lunges per person in cadence. 4 members must complete the workouts with the weight on. Once done with the workouts, the teams will be instructed to pick the heaviest member to become a casualty that will be carried on a pole-less litter to station (2). Teams may not switch out the member in the litter. Once at station (2), the teams may put down the casualty and weight and complete, 50 normal pushups, 30 sit-ups, and 10 burpees per person in cadence. Once done with the workouts, teams will be instructed to once again choose one member to become a casualty that will be carried on a pole-less litter and continue along the CASEVAC route. The route can be seen in enclosure (5). Teams **may now** rotate who is being carried at any point here. Once the team has reached Station (3) they may drop the casualty and put away the soft litter. The CASEVAC scenario has been completed. At station (3), teams will conduct 20 buddy squats, 50 2-count flutter kicks per person. Then the team will conduct buddy bear crawls, and team lunges down and back the short length of Farrand field. From there, the team will pick up their packs and begin the run up baseline to Chautauqua to station (4). If the staff member chooses to participate in any exercise (e.g. logs or calisthenics), those repetitions will not be counted for the team, and they must complete their own reps in place for him/her. The total CASEVAC/BASELINE route is 4 miles.

- A buddy bear crawl includes one member holding the belt / waist of another member and being dragged as the other member bear crawl them. They will bear crawl down the short length of Farrand field before switching. All members must bear crawl one length of the field.
- Team lunges include all members locking arms and lunging down and back the short length of Farrand field.

A map of the CASEVAC and Baseline route can be found in Enclosure (6).

### 3. Stations (4-12): Green Mountain Stations

#### Station (4): 8-count body builders

Location: Start of Baseline Trail to Saddle Rock trailhead. There will be a station to refill water and needed supplies. Each squad will conduct 30 8-count body builders per person in cadence. Squads will fill their water sources at the start of Baseline Trail and will not be allowed to continue until they refill water sources. Squads deviating from the designated route will incur a one-minute penalty. The squad guide will allow the squad to miss or make a wrong turn but will correct them within 10 seconds and redirect them to the correct path. The squad guide will note any penalties and add them to the squad's final time after they reach the Buffalo.

Teams will be given a 1-gallon water jug that they must take with them up green mountain. Teams may drink from the jug to lessen the weight of their packs while climbing.

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Station (5): Mountain climbers

Location: Intersection of Saddle Rock and Gregory Canyon Trail (Distance: 0.65 mi; Elevation Gain: 161 ft). Squads will find a level surface and perform 60 2-count mountain climbers per person. Packs will be staged off the trail to avoid obstructing the path.

Station (6): Buddy Squats

Location: Intersection of Saddle Rock and Amphitheater Trail (Distance: 0.48 mi; Elevation Gain: 459 ft). Team members must pair up with another member (preferably within 10 pounds) and perform buddy squats. Each squad member will perform 15 buddy squats. Squats will only be counted if the knees come to 90 degrees or below. This mandatory water refill station is the last opportunity for teams to refill water on the mountain. Packs will be staged off the trail to avoid obstructing the path.

Station (7): Burpees

Location: Intersection of Saddle Rock and Greenman Trail (Distance: 0.65 mi; Elevation Gain: 873 ft). Squads will find a level surface and perform 25 burpees per person in cadence. If cadence is interrupted, then squads will be asked to restart that rep again, Packs will be staged off the trail to avoid obstructing the path.

Station (8), Summit Station:

(Distance: 0.98 mi; Elevation Gain: 866 ft) Each squad will use critical thinking and problem-solving skills to complete a challenge. Teams unable to solve the problem will incur a 5-minute waiting period. Each squad will take a photo with their school or unit flag at this station.

Station (9): Push-ups

Location: Intersection of Saddle Rock and Greenman Trail (Distance: 0.98 mi; Elevation Gain: -866 ft). Squads will find a level surface and perform 50 normal push-ups. Improper form will require the member to redo the push-up. Packs will be staged off the trail to avoid obstructing the path.

Station (10): Squad Lunges

Location: Intersection of Saddle Rock and Amphitheater Trail (Distance: 0.65 mi; Elevation Gain: -873 ft). Squads will find a level surface and perform 35 lunges. Squads will alternate the leading foot for each count. Guides will monitor form to minimize risk of injury. This mandatory water refill station is the last opportunity for teams to refill water on the mountain. Packs will be staged off the trail to avoid obstructing the path.

Station (11): Squad sit-ups

Location: Intersection of Saddle Rock and Gregory Canyon Trail (Distance: 0.48 mi; Elevation Gain: -459 ft). Squads will perform 45 team sit-ups. All squad members will perform the sit-ups together,

interlocking arms for each repetition. Guides will monitor form to minimize risk of injury. Packs will be staged off the trail to avoid obstructing the path.

Station (12): Triple threats

Location: Start of Baseline Trail (Distance: 0.65 mi; Elevation Gain: -161 ft). Squads will complete 30 triple threats per person in cadence. A triple threat consists of a lunge on each leg then an air squat. Squads will refill their water sources at the start of Baseline Trail before continuing the race. Teams will then continue down Baseline and back to Farrand Field for station (13).

4. Station (13): Farrand PT Station

This land-based PT station consists of various team exercises and calisthenics. Teams will arrive at Station (13) and stow their packs to the side of the pavement. They will then head to one of the open lanes on Farrand and conduct the following phases of workouts in order. Teams will remain in the same lane the entire time for all phases of the workout.

- 1) Phase 1: The team will conduct the following exercises in 2 rounds. Teams will low crawl down and sprint back, bear crawl down and back, burpee broad jump down and sprint back, and then conduct 25 hand-release push-ups per person in cadence. The team will complete this then do it again for round 2.
- 2) Phase 2: The team will conduct the following exercises with their sand babies (Weight). Teams must complete the repetitions per squad. They must complete a total of 150 ground-to-overheads burpees with 25lb sand babies, 150 front squats with 50lb sand babies, 200 overhead presses with 25lb sand babies. Then, teams will take turns sending two members to run around Farrand field carrying a 25lb sand baby per person. Once all members have run, they will conduct 50 hand-release push-ups and 70 4-count flutter kicks per person in cadence.
- 3) Phase 3: The team will then conduct the following phase in 2 rounds. First, they will conduct buddy carries down and back the field (down and back per person). Then the team will conduct 15 8-count body builders, 50 air squats, and 60 mountain climbers per person in cadence. Once they are finished with the first set, they will conduct it again for round 2. After the 2<sup>nd</sup> round, they will sprint down and back the field with a 50lb sand baby, 1 person at a time.

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Once all members have completed all three stations, they may gather their gear and continue along the route to the southernmost Kittredge field for the CFT.

See enclosure (6) for diagrams.

5. Station (14): CFT

Location: Kittredge Fields, Field 1 (southernmost turf field closest to Baseline). Before reaching the buff statue, each squad member will complete the maneuver under fire portion of the CFT at the southernmost Kittredge field. Multiple teams may use the CFT course simultaneously, but only one member per team may run the course at a time, with a guide proctoring each individual's run. A miss of the grenade toss will result in a 1-minute penalty, or a hit will result in a 1-minute reduction to the overall time of the team per individual who misses/hits the grenade toss. Refer to Enclosure (6) for the exact conduct of the maneuver under fire portion of the CFT. Once all members have completed the CFT maneuver under fire, then they may continue to the Buffalo Statue.

6. End: Ranger pushups

Location: Buffalo Statue in front of Balch Fieldhouse. Squads will perform 20 ranger push-ups. Ranger push-ups will only be counted if the elbows reach 90 degrees or below. If form is broken, the guide will reset the squad, and they must reattempt the rep. The race is complete, and the official time recorded, when the final push-up is completed, and the last member touches the buffalo statue.

Viewing Stations.

Locations: There will be two viewing stations. Viewing station 1 will be located at Farrand Field. This viewing station will be labeled and out of the way of the participants. The viewing station for Farrand Field will be to the left/north of the designated PT station. Viewing station 2 will be at the south most Kittredge practice field closest to Baseline. The viewing station for the Kittredge field will be by the parking lot closest to Kittredge and off the field. Spectators will be instructed not to interfere with participants or proctors and will not be allowed to follow their teams on the course, no exceptions. Any interference will first be met with a warning, and - if met a second time - may lead to their removal from the viewing station.

Additional Race Rules.

1. Drop dead time for the entire race is 1700. Drop dead time to reach the summit of Green Mountain is 1400. If a team does not reach the summit by this time, then they will be turned around

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wherever they are on the mountain. From the base of the mountain, the team will be able to attempt to complete the rest of the endurance race up until the race drop dead, but they will not be scored since they did not finish the entire course.

2. Teams must stay together for the entirety of the race. At the finish, all team members must touch the buffalo statue within 10 seconds of each other.
3. Any team that loses a team member due to fatigue or injury will be allowed to finish the race but will be barred from placing above 4th place in the final standings. **There are no exceptions to this rule.**
4. In the event of a tie, the tied teams will each choose one female member and one male member to compete in a 60 second pullup competition. The team whose members' combined score - only the most, proper full-extension, no kip form SOAS style (chin-above bar and back fully down) pullup repetition counted - wins the race.

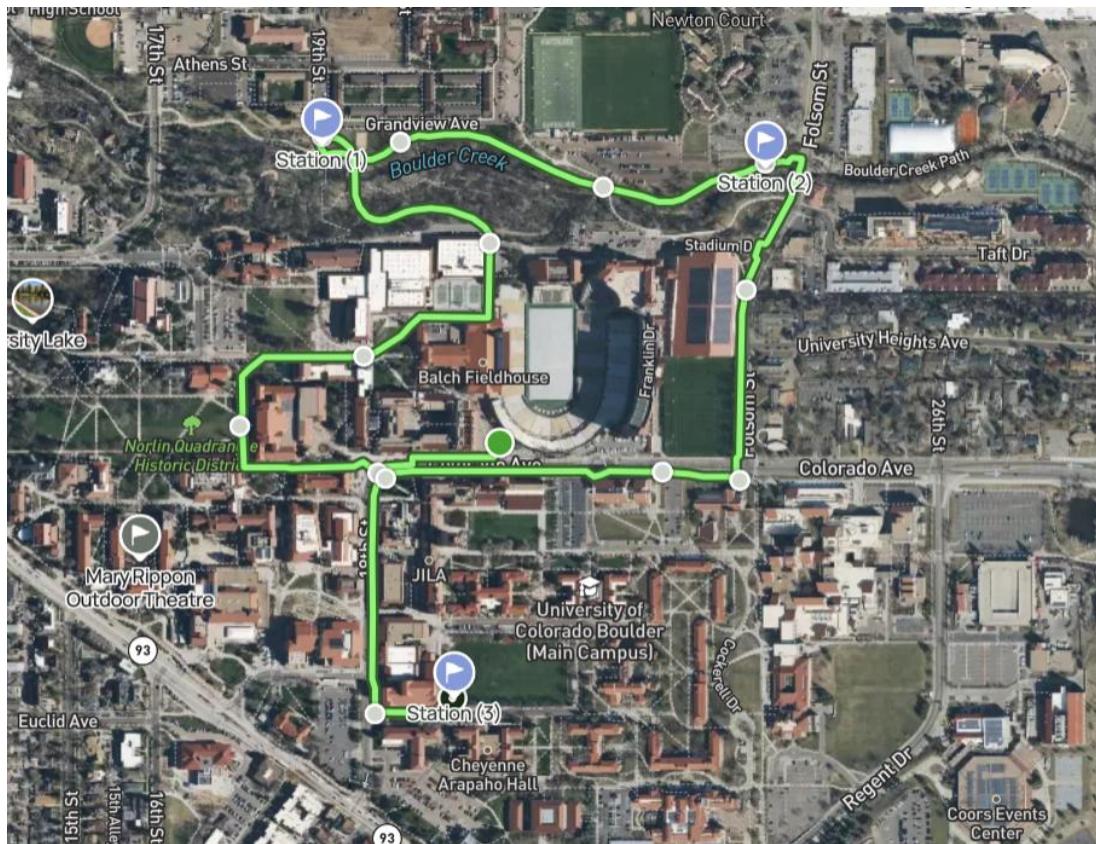
**Grading.**

For both the normal and inclement weather plans, teams will be scored on overall finishing time after any penalties that may have occurred are added to overall time.

**Enclosure (5)**

**Course Maps & Emergency Route**

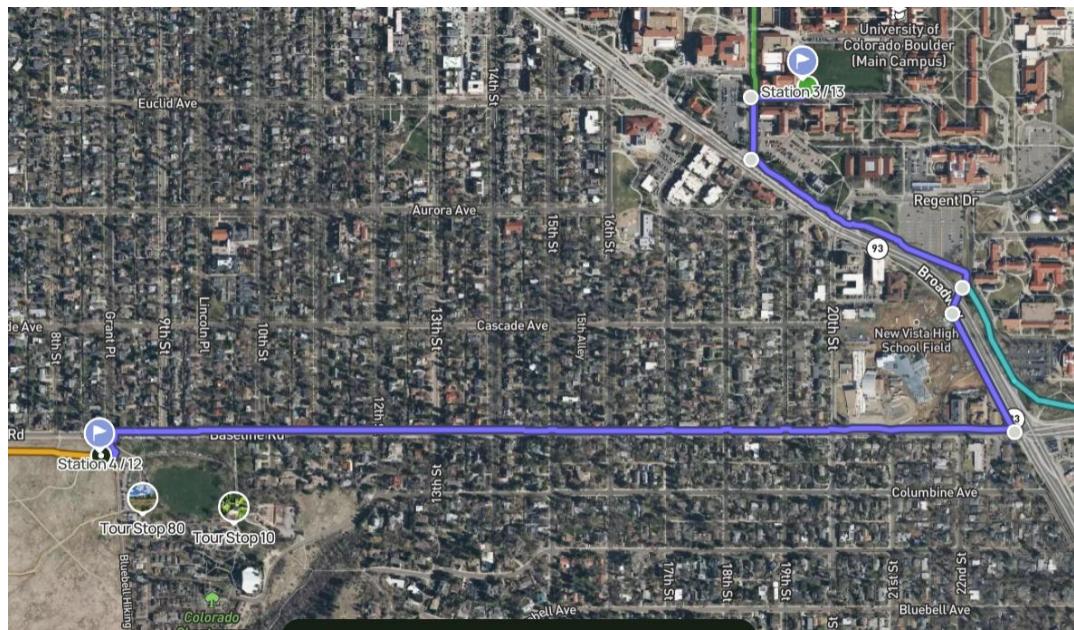
**CASEVAC Route:**



Length: 1.9 miles Elevation gain: 138 ft

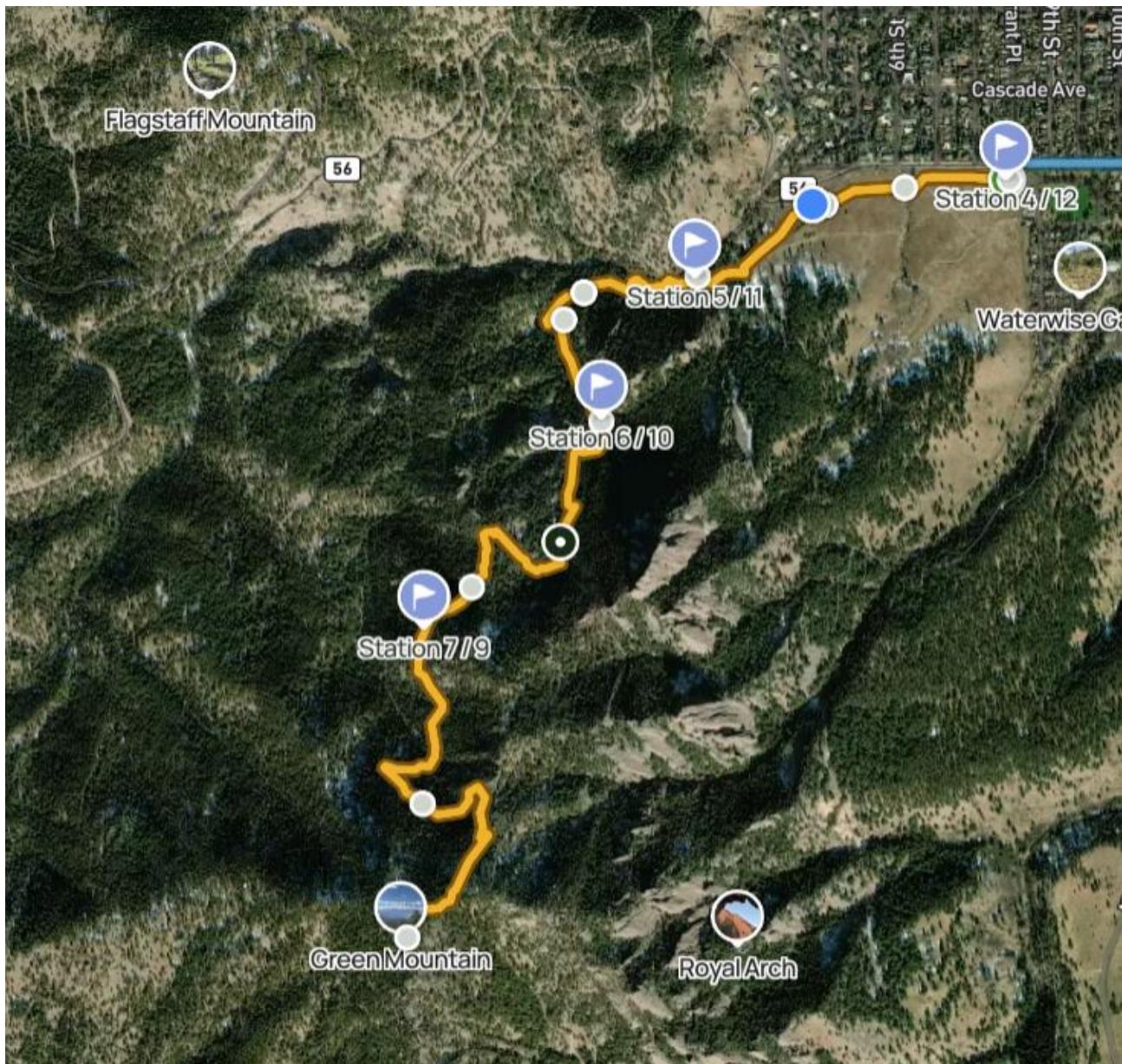
**Baseline Route:**

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Length: 1.7 miles Elevation gain: 289 ft

**Green Mountain Route:**



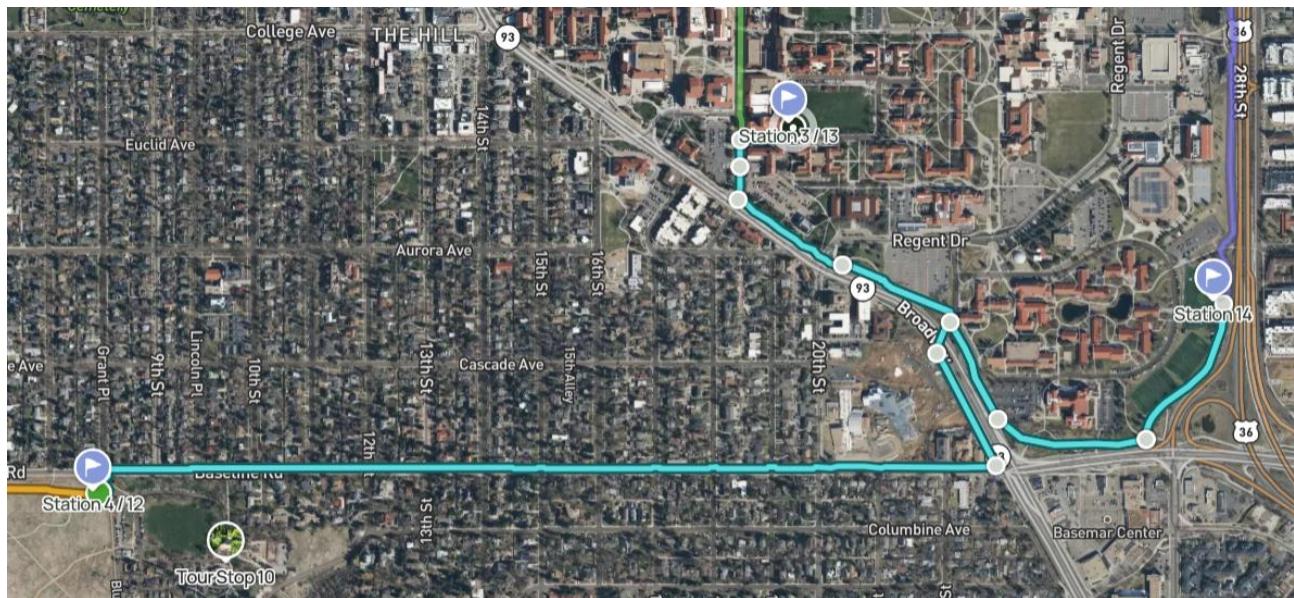
Length: 5.7 miles (2.85 one way)

Total Elevation gain: 2,805 ft

\*\* Distances & Elevation Gains between stations in Enclosure (4) \*\*

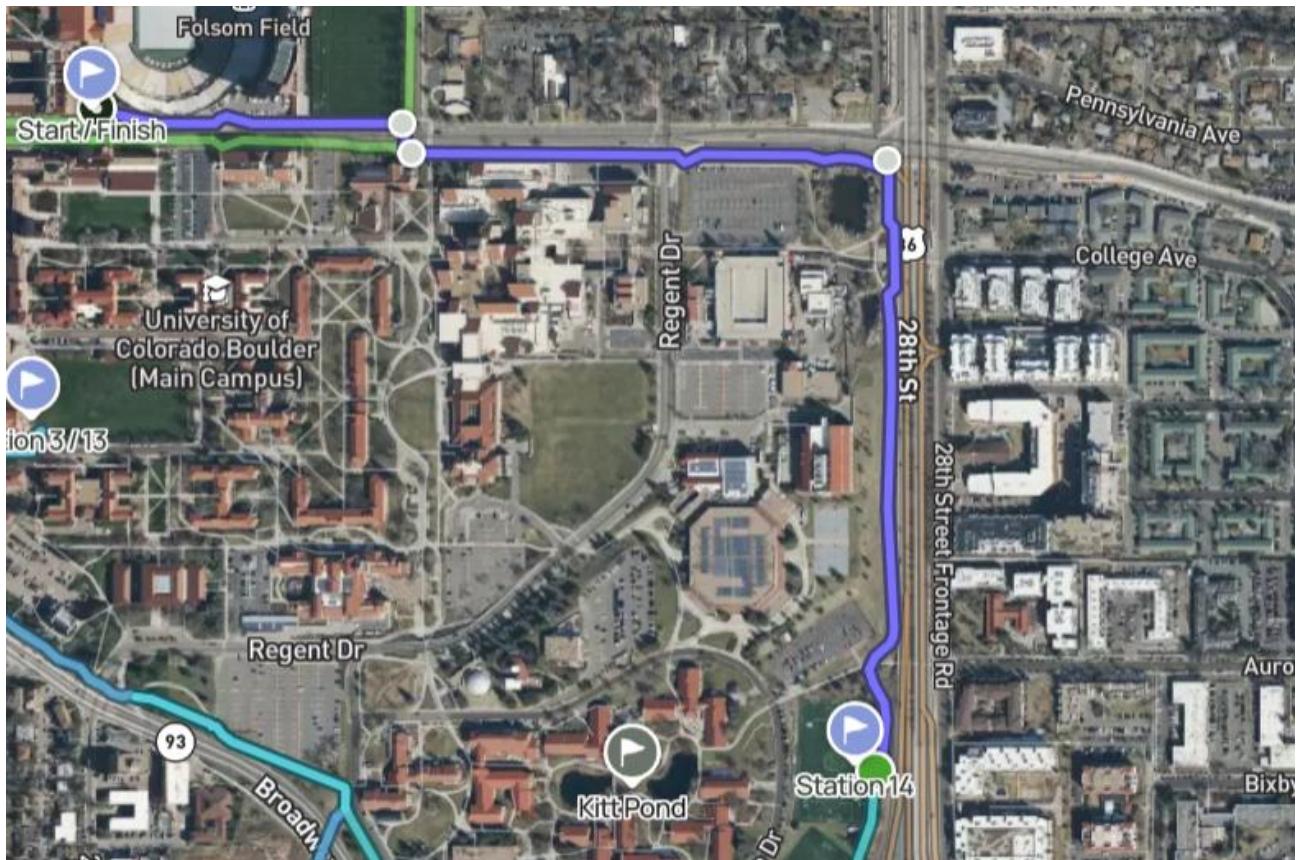
**Baseline Route back down:**

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Length: 3 miles, Elevation gain: -79 ft

**CFT to Buffalo Statue Route:**



Length: 0.9 miles, Elevation gain: 59 ft

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**All trails map of the entire E-Race Route:**



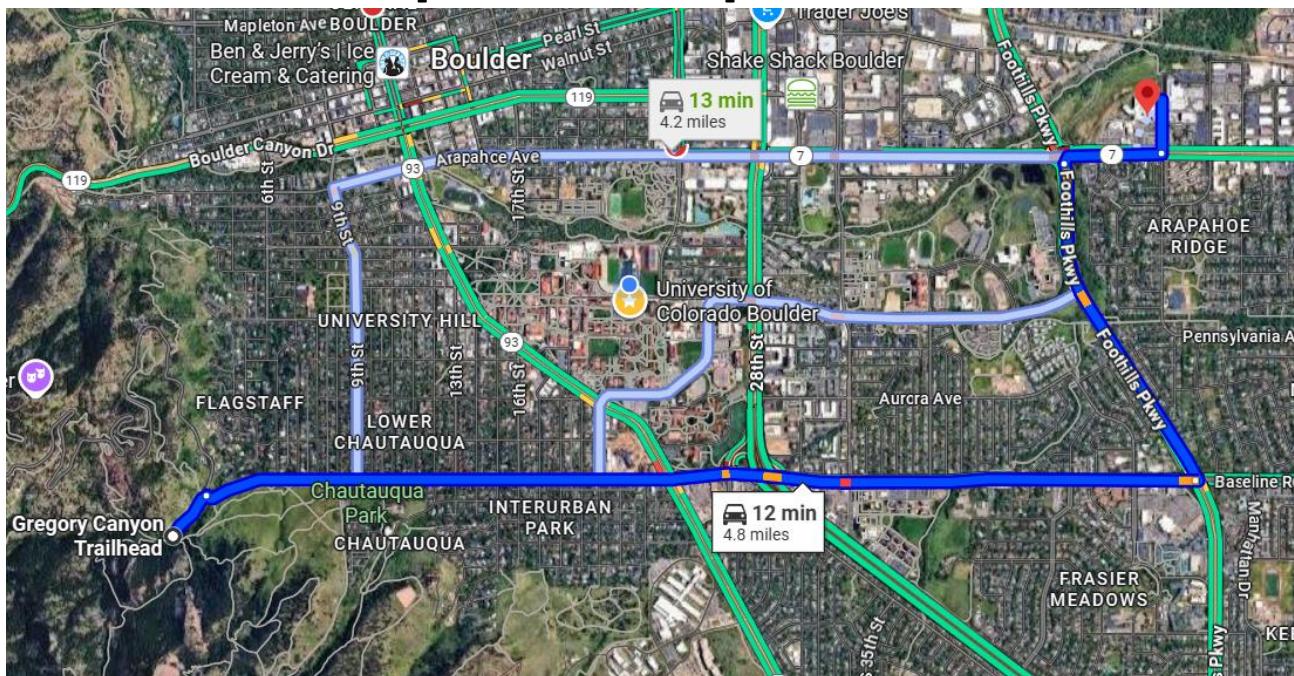
**Strava link to the endurance race route:**

<https://www.strava.com/routes/3453526730410373992>

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**GPX File for the Endurance race route:** If you would like the GPX file for the Endurance race to upload to phones / garmin watches then please email: [maan9645@colorado.edu](mailto:maan9645@colorado.edu)

**Evacuation from Chautauqua to Boulder Hospital:**



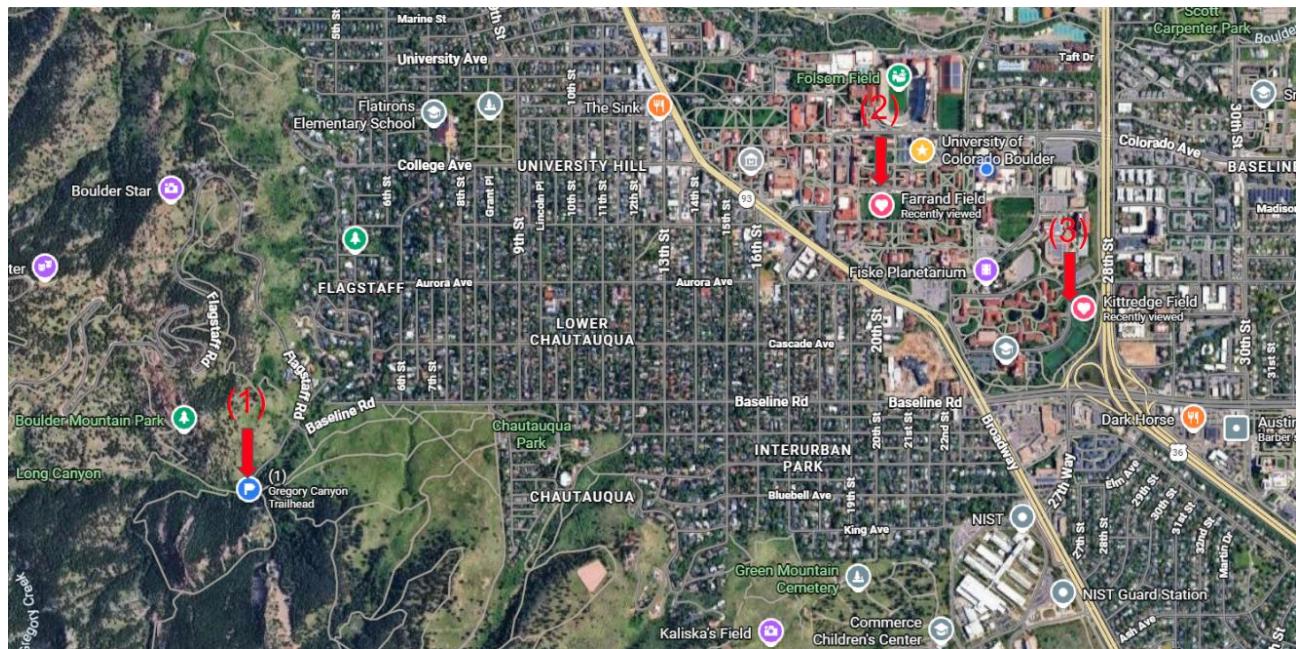
Evacuation from Gregory Canyon Trailhead to Boulder Foothills Emergency Department (Emergency room): 12 minutes.

Foothills Hospital Emergency Department, 4747 Arapahoe Ave, Boulder, CO 80303  
(303) 415-7000

Evacuation from trailhead: Members will use soft litter to carry casualty down the same route as the E-race. Route down is the fastest and safest. E-race will be stopped until casualty can be removed from the mountain.

**Safety Driver locations:**

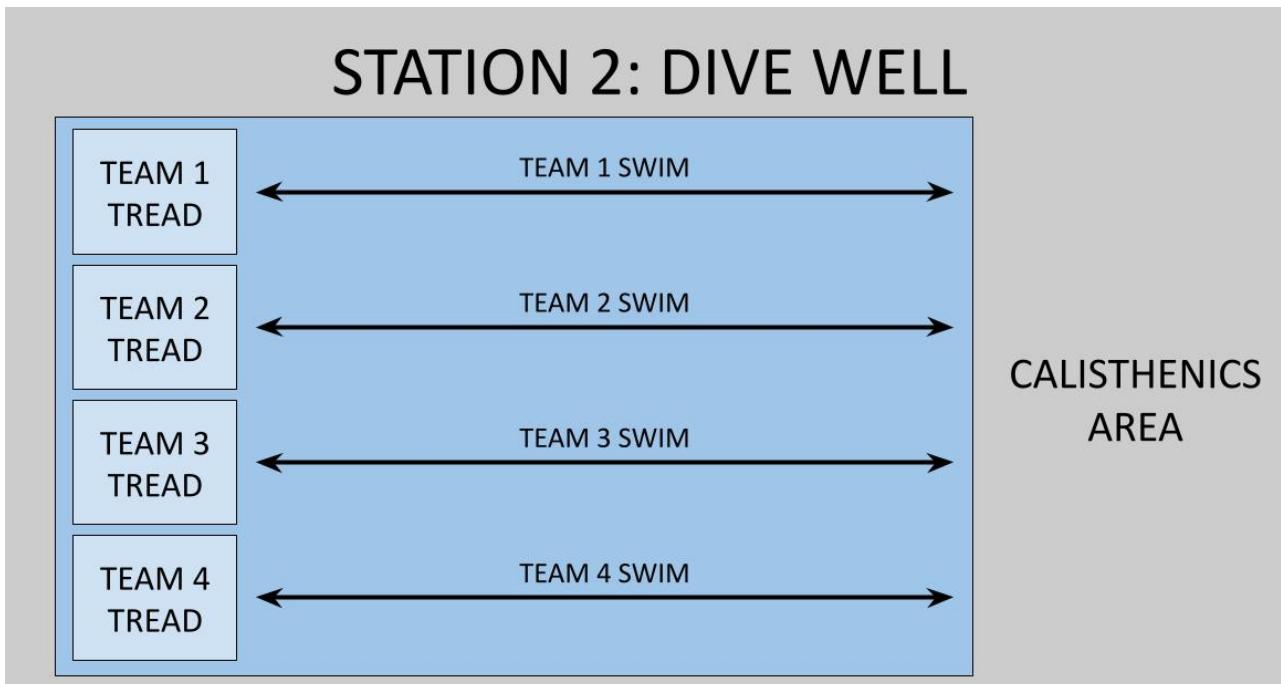
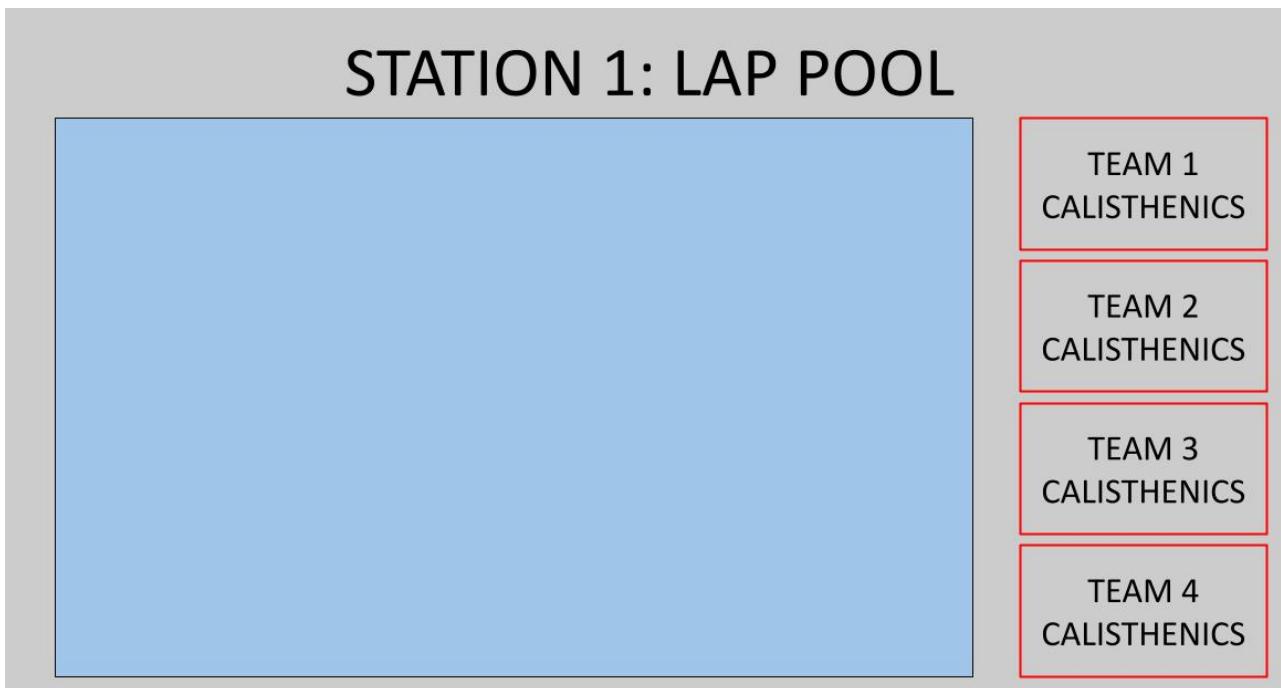
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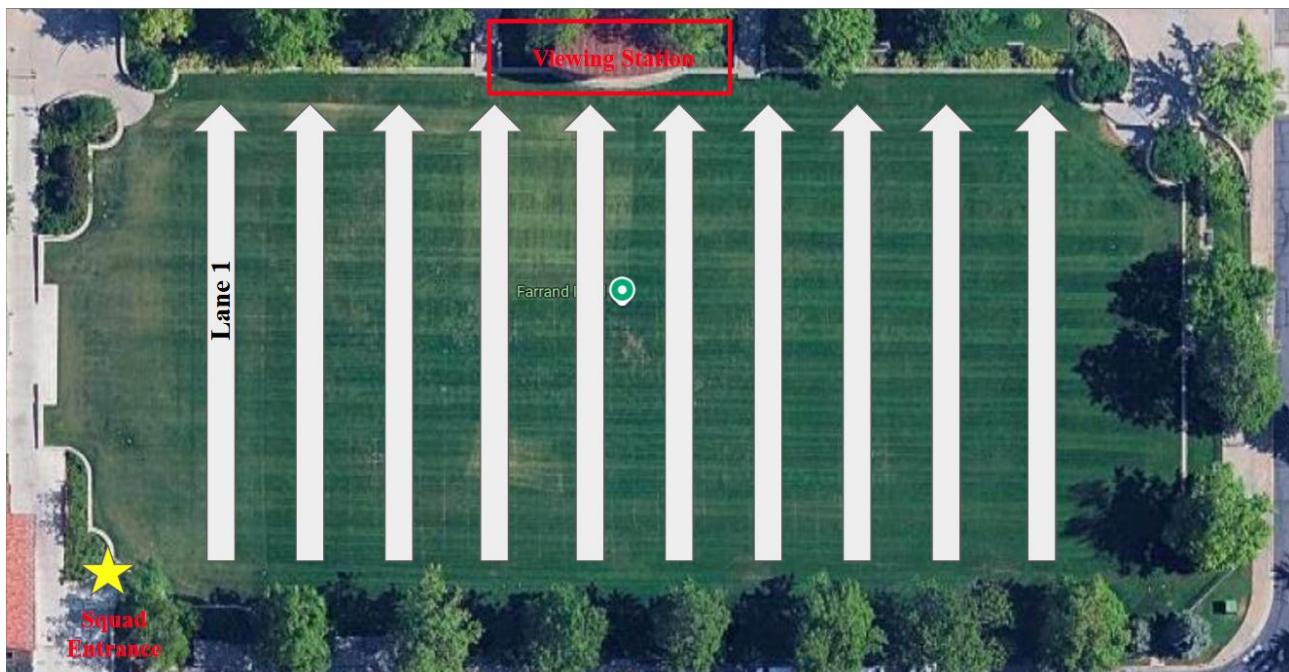
Safety vehicles will be located at the Gregory Canyon Trailhead parking lot (1) and Farrand field (2). Once All teams are off green mountain and down baseline road then Safety vehicle 1 will move to Kittredge fields (3).

Pool and Field PT Diagrams

Pool Stations:



**Farrand Grinder PT Station:**

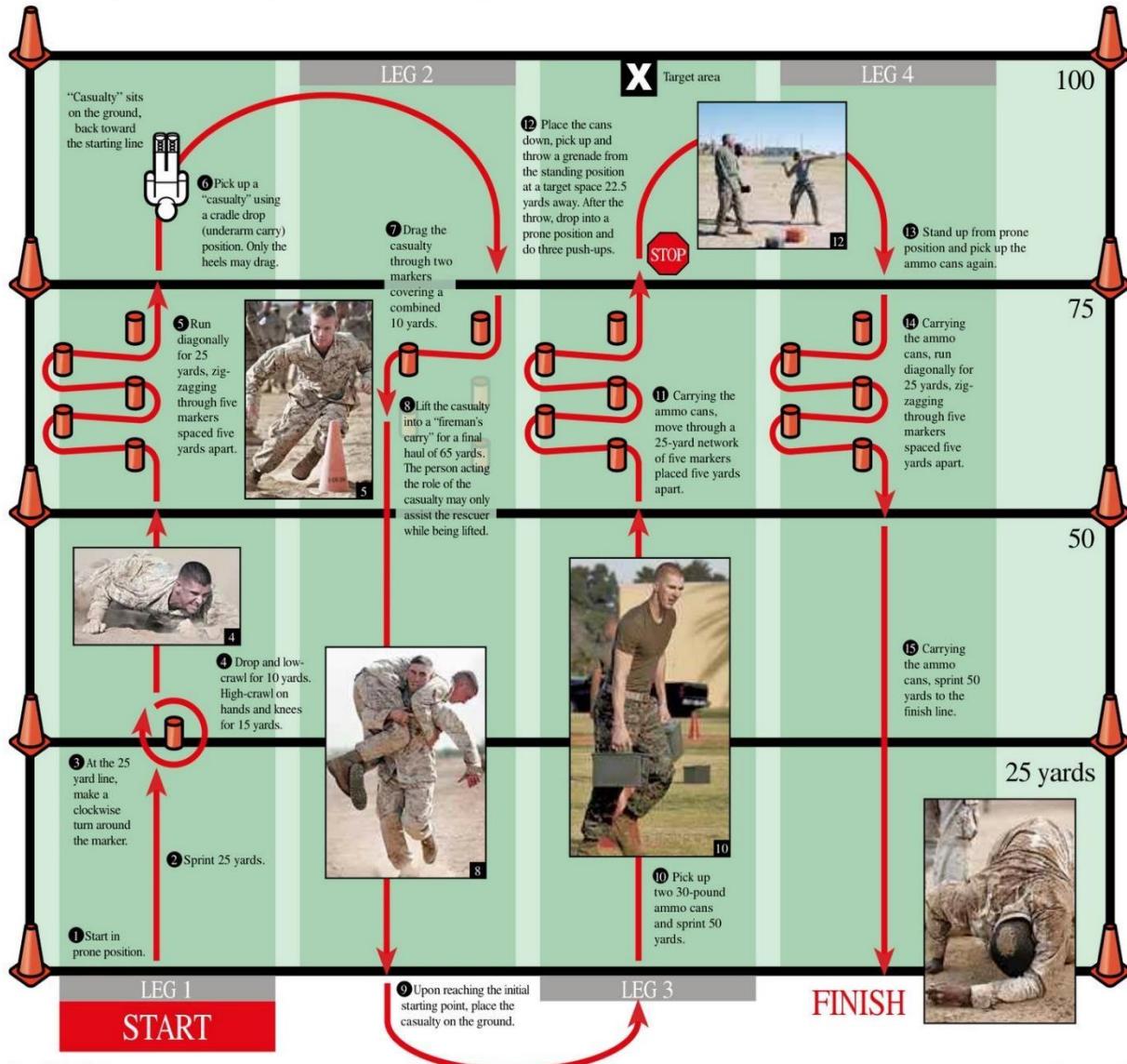


**Maneuver Under Fire / CFT:**

## THE 'MANEUVER UNDER FIRE' DRILL

The "Maneuver Under Fire" drill is the most complex portion of the new Combat Fitness Test, which also includes a half-mile sprint and a 30-pound ammo can lift. While the Physical Fitness Test will continue to measure a Marine's general fitness, the CFT is designed to complement the PFT by measuring functional

fitness in a combat environment. The CFT will be conducted in a single lane, approximately eight yards wide and 100 yards long. It is presented here across four separate lanes for easy reference.



Source: Marine Corps

CHRIS BROZ/STAFF

**Enclosure (7)**

**Inclement Weather Workout**

**Inclement Weather Alternative Course location:**

- Farrand Field (Weather permitting)
- Ford Practice Facility
- Balch Fieldhouse

**Inclement Weather Alternative Course timeline:**

**Station 1:** Pool Evolution will remain the same on Friday evening

**Station's 2-4: Saturday 7 MAR 2026.**

- **0500:** Teams 1-10 will begin evolution, 10-minute staggered start times
- **0800:** Teams 11-20 will begin evolution, 10-minute staggered start times
- 7 **1100:** Teams 21-30 will begin evolution, 10-minute staggered start times
- 8 **1600:** E-Race drop dead time

**Inclement Weather Alternative Course:**

- Proctors will observe every station to avoid injury.
- Maximum 10 minutes rest between each station.
- Colorado Meet staff reserve the right to make changes to inclement weather course depending on conditions.
- E-race will be observed by proctors and NROTC staff only in indoor practice facility if capacity issues arise.

**Station 1:**

Regular Pool Evolution

**Station 2:**

Full Murph per team for time (with 150 lbs.)

- 1 mile run
- 100 strict pull-ups
- 200 push-ups
- 300 air squats
- 1 mile run

**Station 3:**

Field PT (Each down and back is 60 yards) (each workout is per person)

- 1) Team Lunges down and back
- 2) 50, 25 lb. sandbag sit-ups
- 3) Bear Crawl to Single Person Ammo Can Presses
  - 45 Ammo Can Presses while the other members of the team hold a plank, either on forearms or pushup position.
- 4) Buddy Drags down and back
- 5) Buddy Carries down and back

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6) Duck Walks down and back

**Station 4:**

Devil's Mile - As a team for time:

- Together will in quarter-mile sections, without rest, complete the following:

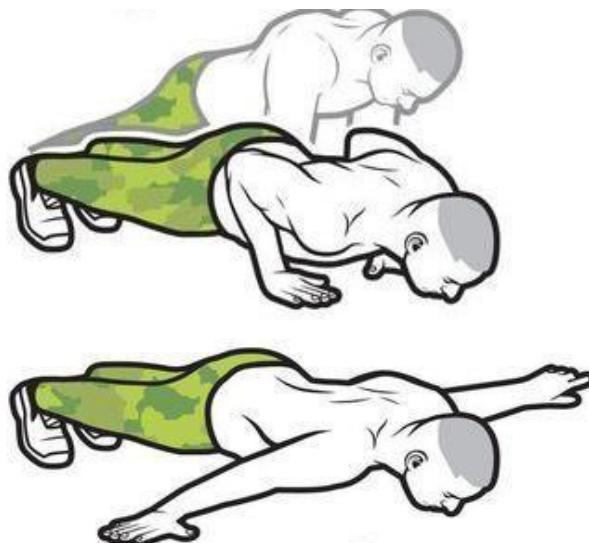
- o 400m crab walk
- o 400m partner lunges (squad members will buddy up based on height)
- o 400m buddy carry (will split the distance between each partner)
- o 400m burpee broad jumps

When complete, teams will then each grab a 50 lbs sandbag complete another mile back before rejoining to complete 20 cadenced ranger push-ups to finish the race.

**Calisthenic Form Guides**

Proctors/Guides will be instructed and demonstrate exercises as needed. They reserve the right to determine what is qualified as correct execution. For all proper exercise forms, to avoid subjectivity, the following should be adhered to when conducting said exercises:

**ACFT-Standard Pushups.**



<https://www.youtube.com/watch?v=9mO6ygDS7y4>

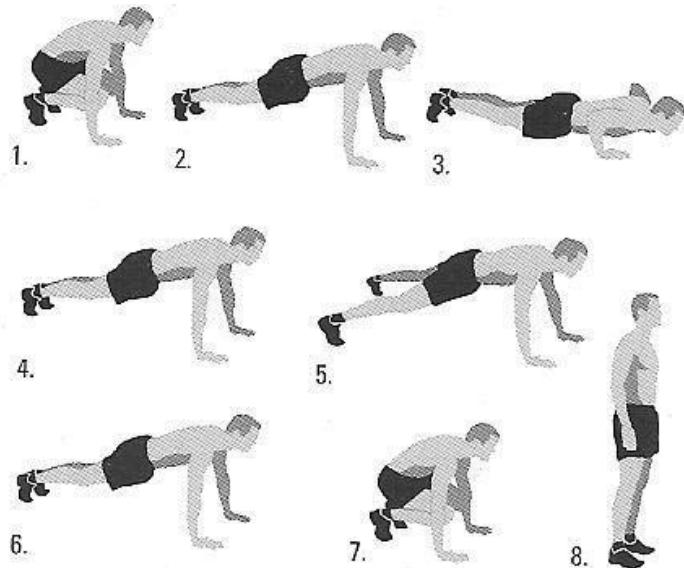
**Triple Threats.**



- Full 90-degree bend in knees; As seen, the individual will first lunge out & back once, then again with the opposite leg before completing a squat for one full repetition of triple threat

<https://www.youtube.com/watch?v=aDUEY72GncI>

**8-count bodybuilder.**

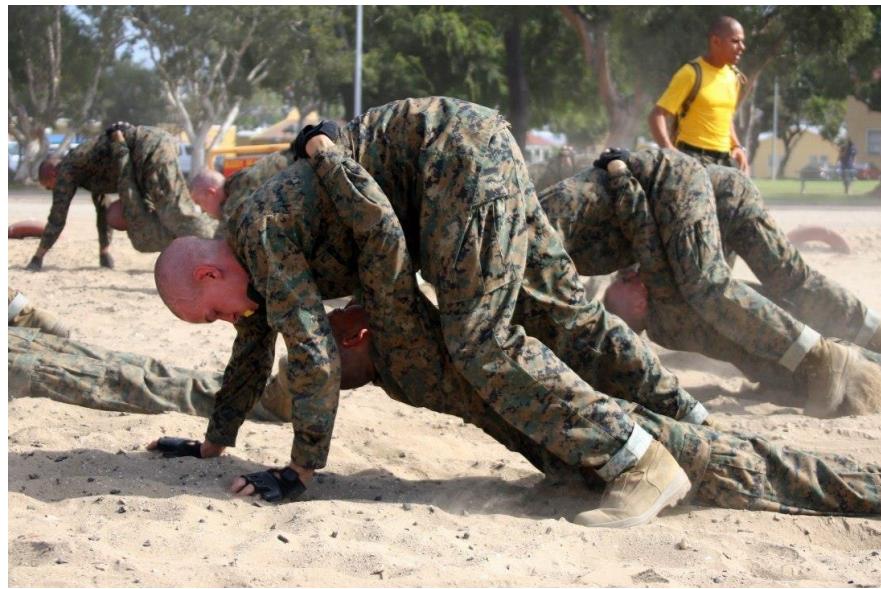


- Full 90-degree bend in elbows and full extension on way up during push-up

<https://www.youtube.com/watch?v=cv4CkF0gRH4>

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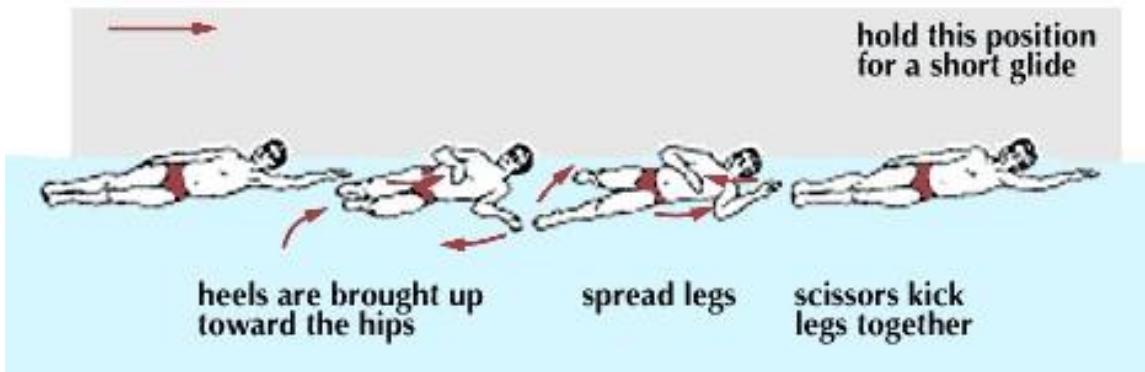
**Buddy Bear Crawl.**



Partner may opt to also hold on to belt; Can break said belt, be warned

**Combat Sidestroke.**

## THE SIDE STROKE



- Breaststroke serves as an alternative; at end of form, during glide, the individual may flutter kick

<https://www.youtube.com/watch?v=r8xqxKDNEg>

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### Flutter Kicks.

- Two count flutter kicks involve the individual moving their feet up and down two times to count as one repetition. It consists of doing 2 flutter kicks and counting it as one repetition.

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**Enclosure (9)**

**AFTER ACTION REPORT:**

Positives of the event?

Not-so-positives about this event?

If you planned out this competition, what would you change/add for next year?