

1533
MIDN
4 Oct 18

From: Midshipman 2/C McLaren, University of Colorado Naval
Reserve Officer Training Corps Unit
To: All Hands

Subj: COLORADO MEET ENDURANCE RACE WARNING ORDER

1. On 02 March 2019, each school's endurance team will compete in an endurance race in order to assess physical fitness among teams, develop friendly competition between schools and factor into the overall Colorado Meet standings. Teams will consist of 6 members. Teams must include at least one female participant. Teams must also include at least one 4/C midshipman; a female 4/C would count for both requirements. Teams are only allowed to have up to one MECEP/OC, though it is not a requirement. The endurance race will begin with a 30 minute pool exercise. This will include weighted treading and a circuit workout involving calisthenics such as push-ups, flutter kicks and gutter-ups. The uniform for this event will be NWU/MARPAT Utilities. If teams fail to complete the circuit in the allotted time there will be a punishment station. The next event will be a land based circuit workout involving running, push-ups, pull-ups, squats and rope climbs. The next event will be a 8-9 mile ruck/run over mountainous terrain with an elevation gain of approximately 2,800 feet. Teams will carry five packs of 30-45lbs over the course of the ruck/run. Stations involving general military knowledge and calisthenics will be scattered along the course. Guides will be assigned to each team to lead them along the course and act as safety observers. Water refill stations will be positioned along the course.

2. For more information please contact the following people:

a. AMOIs contact Gunnery Sergeant Stockman,
anthony.stockman@colorado.edu, (317) 519-0423.

b. Event OICs contact Midshipman 2/C McLaren,
alexander.mclaren@colorado.edu, (810) 923-7545.

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c. Event OICs may also contact Midshipman 2/C Spitzer, andrew.spitzer@colorado.edu, (253) 432-2118.

d. Team Captains contact Endurance Race OIC Midshipman 3/C McClain, braeden.mcclain@colorado.edu, (661) 670-4596.

e. Team Captains may also contact Endurance Race AOIC Midshipman 3/C Hein, alexander.hein@colorado.edu, (412) 715-8293.

A handwritten signature in black ink, appearing to read "A. W. McLaren", with a stylized, flowing script.

A. W. MCLAREN