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

Subj: COLORADO MEET ENDURANCE RACE LETTER OF INSTRUCTION

Encl: (1) Uniform and Gear
      (2) Operation Risk Management
      (3) Stations
      (4) Pool Diagram
      (5) Timeline of Events
      (6) Inclement Weather Workout and Grading
      (7) Course Map
      (8) After Action Report

1. Orientation. The Endurance race will take place in the Clare Small Pool on the University of Colorado Boulder campus. It will then move to Kittredge South Field and then to Chautauqua Park. Be advised that the University of Colorado Boulder sits at 5,370 feet above sea level. The course will exceed 8,000 feet above sea level. Teams should ensure proper hydration and physical fitness prior to arriving to Colorado in order to prevent altitude sickness. See Enclosure (7) for a map.

2. Situation. The Colorado Meet will include an Endurance Team race. The location is Boulder, CO. The race will utilize CU recreational and athletic facilities as well as Chautauqua Park. The race will involve swimming, running, calisthenics and hiking miles with packs with checkpoints along the way. The race will provide NROTC teams an opportunity to experience the unique challenges of mountain terrain and high elevation in a competitive environment.

3. Mission. On 7 Mar 2020 the Colorado Meet will hold an Endurance Race from 0500 to 1600 in order to provide a competitive environment for NROTC teams to challenge themselves physically and mentally as a team. Teams will work through a series of evolutions, starting with a pool workout, a land-based calisthenics workout, and then transition to a final ruck evolution throughout Chautauqua Park in the city of Boulder. Schools will put together teams consisting of their most physically and mentally prepared competitors to attempt to win the Colorado Meet Endurance Race.
4. Execution

a. Commander’s Intent

(1) **Purpose.** The primary objectives of the Colorado Meet are to instill confidence in future Naval and Marine Corps officers, provide an environment for a healthy and challenging competition, as well as strengthen camaraderie between competitors and all working personnel. The Colorado Meet provides an opportunity for all competitors and all personnel to train, demonstrate, and evaluate their leadership skills necessary for performing in The Navy and Marine Corps.

(2) **Endstate.** All participants of the 2020 Colorado Meet will perform in a challenging and safe environment which will be safe, enjoyable, and productive for all who attend.

b. **Concept of Operations.** On 7 Mar 2019, Endurance Race teams of 6 members will arrive to the event wearing NWUs and MARPATs. Each team must include one female midshipman and one 4/C midshipman. A female 4/C would fulfill both requirements. A team may have only one MECEP/OC, but it is not a requirement. All events prior to and during the race will be conducted as squads. Squads will encounter challenges designed to test both the individual and the team. The race will begin with a pool portion involving treading, swimming and a circuit. From there squads will transition to a land-based calisthenics workout. The final phase will consist of a ruck with weighted packs through mountainous terrain. Stations will be scattered on the course of the ruck to test critical thinking skills and conduct additional calisthenic exercises. Station staff and guides will ensure the safety of events and monitor the overall health of each squad.

c. **Tasks**

(1) **All participants.** Ensure that you have the minimum specified gear included in Enclosure (1). Ensure you have reviewed and understand all documents including this LOI and any other attached forms. Ensure you are physically fit and hydrated before arriving.

(2) **Squads.** Appoint squad leaders no later than 29 FEB 2020 and provide the name to the event coordinator at CU NROTC. This individual will represent the squad at all introductory meetings and will be the source of any follow-on guidance and information.

(3) **Appointed Squad Leaders.** Once appointed, ensure your squad is prepared for the race. This includes ensuring that your squad has
all of the necessary gear and that it is prepared and ready at the appropriate time. All tasks will be disseminated through the squad leaders.

(4) **E-Race Guides.** Guides are responsible for knowing the route and ensuring that the team runs the correct course safely.

(5) **E-Race OIC.** Ensure all required documents are passed down in a timely manner prior to the start of the race. Coordinate with CU NROTC, City of Boulder, and all other individuals involved to ensure and reserve: race location and spaces used on race day and the proper manpower necessary to proctor the race. Provide event proctors and staff with guidance and assistance as required to ensure all of their assigned tasks get properly completed on schedule.

(6) **E-Race AOIC CU NROTC.** Aid OIC with operation and planning of the event. Ensure all tasks are accomplished in a timely and efficient manner, and all necessary gear is acquired and set up prior to the race.

(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 Runners.** Run the mountain portion of the course with a radio and be ready to aid lost or injured teams.

(10) **Station Leaders.** Ask one random individual from each team a question and assign repetition for right or wrong answers. Ensure proper form and safety measures are implemented.

(11) **Pool Staff.** Watch teams to ensure there are no casualties in the water. Also, supervise calisthenics exercises to ensure proper form and number of repetitions.

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

(13) **Kittredge Field Personnel.** Ensure proper form and repetitions are being performed for each exercise.

d. **Coordinating Instructions**
Subj: COLORADO MEET SHOOTING COMPETITION LETTER OF INSTRUCTION

(1) See event timeline page for additional timing information.

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

(3) Fees - $85 per team

(4) Each team will check in on Friday, March 6th at 1900 in the CU NROTC wardroom to take accountability of gear and attend a safety brief. Teams will then show up 90 minutes before their start time to take their gear to the fieldhouse.

5. Administration and Logistics

a. Administration

   (1) Medical. Teams should be aware that Boulder, Colorado is at high elevation, and therefore hydration is necessary for success. Hydration should not be limited to water; electrolytes and carbohydrates are highly encouraged. Advise the CU NROTC E-Race coordinator of any medical issues at least 2 weeks prior to the start of the race. Ensure that accurate contact information is displayed in medical documentation. Forward any corrections/adjustments to the E-Race coordinator.

   (2) Proctors. Checkpoint staff ONLY. Once assigned a station, checkpoint staff will be responsible for: setting up and maintaining their station, proctoring the station for the incoming squads, gathering necessary materials for that station, and ensuring proper breakdown of that station of borrowed gear.

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.

   (4) Squad Gear. Squad leaders are responsible for bringing all gear on the gear list and maintaining accountability for such gear. CU
Subj: COLORADO MEET SHOOTING COMPETITION LETTER OF INSTRUCTION

NROTC WILL NOT PROVIDE ANY MISSING GEAR. See Enclosure (1) for minimum gear required.

(5) Chow. Chow arrangements will be solely on the attending units to provide for themselves.

6. Command and Signal

   a. Command. Endurance Race OIC MIDN 3/C Early and AOIC MIDN 3/C McLaughlin will be reachable by cell phone or radio at all times. In the event that there is an incident, the procedure will be to assess the situation, treat locally if possible, notify the nearest checkpoint, transport the injury to the local hospital (if the injury is severe), or call an extreme case execute a distress call for outside help (911, etc). Team Proctors are responsible for contacting the Meet OIC in the case of an emergency.

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

(1) Point of Contact

   (a) MIDN 2/C Vanlangendonck (Meet OIC)
       zachary.vanlangendonck@colorado.edu
       (813) 751-5078

   (b) MIDN 2/C Lee (Meet AOIC):
       rachel.lee-1@colorado.edu
       (713) 376-6730

   (c) MIDN 3/C Early (Event OIC):
       allison.early@colorado.edu
       (331) 481-2537

   (d) MIDN 3/C McLaughlin (Event AOIC):
       alicia.mclaughlin@colorado.edu
       (724) 814-9880

Z. T. VANLANGENDONCK
Uniform and Gear

1. Uniform. The authorized uniform is boots and utilities. (Boonie covers are authorized as well as any type of warming layers or skivvies that participants decide to wear). Colorado has varying temperatures throughout the year, which can often be hard to predict. Squads will be required to wear a different set of MARPAT/NWU trousers and blouse in the pool. No boots will be worn in the pool.

2. Gear List.

   a. Each squad will carry a total of 165-180 pounds, which includes a jerry can. This weight may be distributed however the squad sees fit. The jerry can will be weighed at the end of the race to ensure no water has been dumped out. The wet MARPATs/NWUs will be carried through the duration of the ruck as well.

   b. Individuals will be required to carry a 3-liter water source. Any additional individual and squad gear may be stored in any of the four packs.

   c. Squads will NOT bring their own weight. Weight will be supplied.

   d. Squads may bring their own ILBE packs. Packs must be an ILBE or FILBE variation and must be dropped off NLT 1900 Friday, 6 March.

3.

<table>
<thead>
<tr>
<th>GEAR ITEM</th>
<th>REMARKS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Squad Gear</strong></td>
<td></td>
</tr>
<tr>
<td>(4) Backpacks (ILBE)**</td>
<td>Used to carry gear</td>
</tr>
<tr>
<td>Cell Phone</td>
<td>For emergency use only</td>
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<tr>
<td>Duct Tape</td>
<td></td>
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<tr>
<td>Sunscreen</td>
<td></td>
</tr>
<tr>
<td>Note Taking Gear</td>
<td></td>
</tr>
<tr>
<td>Trash Bag</td>
<td>To carry team’s trash</td>
</tr>
<tr>
<td>Weight*</td>
<td></td>
</tr>
<tr>
<td>Item</td>
<td>Description</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>--------------------------------------------------</td>
</tr>
<tr>
<td>First Aid Kit*</td>
<td>Required for Green Mountain summit photo</td>
</tr>
<tr>
<td>School or Unit Flag</td>
<td>To carry wet MARPATs/NWUs</td>
</tr>
<tr>
<td>Garbage Bag</td>
<td>To keep track of team’s progress</td>
</tr>
<tr>
<td>Tracker Device*</td>
<td></td>
</tr>
<tr>
<td><strong>Individual Gear</strong></td>
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</tr>
<tr>
<td>Spare Socks</td>
<td>Minimum one pair per person</td>
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<tr>
<td>Camelbak or Canteens</td>
<td>Minimum 3 liters per person</td>
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<tr>
<td>Boots</td>
<td>Broken-in</td>
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<tr>
<td>Trousers</td>
<td>USMC or Navy</td>
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<tr>
<td>Neutral Color Undershirt</td>
<td>Green, Blue, Black, Gray, Brown, Unit PT shirt</td>
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<tr>
<td>Gloves</td>
<td>Cold Weather</td>
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<tr>
<td>Cold Weather Gear</td>
<td>Gore-Tex shell or similar warming layer</td>
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<tr>
<td>Extra Belt</td>
<td>For pool MARPATs/NWUs</td>
</tr>
<tr>
<td>Traction Equipment</td>
<td>To be provided by CU NROTC</td>
</tr>
<tr>
<td>Extra MARPATs/NWUs and goggles</td>
<td>Required for pool station, trousers and blouse will be placed into packs</td>
</tr>
<tr>
<td><strong>Logistical</strong></td>
<td></td>
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<tr>
<td>Extra MARPATs for Pool Station (1)</td>
<td></td>
</tr>
<tr>
<td>(3) Water Jugs and ILBE (transport) for Checkpoint (4) and Checkpoint (7)</td>
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</tr>
<tr>
<td>One charged cell phone and map per safety observer</td>
<td></td>
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<tr>
<td><strong>Station Staff</strong></td>
<td></td>
</tr>
<tr>
<td>----------------------</td>
<td>-----------------------------------------------------------------</td>
</tr>
<tr>
<td>Notepad/Pen</td>
<td>Record arrival and departure times of each team at each station</td>
</tr>
<tr>
<td>First Aid Kits</td>
<td></td>
</tr>
<tr>
<td>Charged Cell Phones</td>
<td></td>
</tr>
<tr>
<td>Van</td>
<td>Emergency use and station setup</td>
</tr>
</tbody>
</table>

Each team is required to have the gear listed. If gear is missing, the team will be unable to participate in the race.

* - indicates gear will be provided by CU NROTC

** - indicates gear can be provided by CU NROTC if necessary
### Operational Risk Management

#### Risk Assessment Matrix

<table>
<thead>
<tr>
<th>Event/Step</th>
<th>Potential Injury</th>
<th>Type of Injury</th>
<th>Student to Instructor Ratio</th>
<th>Supervise</th>
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<tbody>
<tr>
<td>Lesson 1: RACE</td>
<td>FOOT OR HAND INJURY</td>
<td>LIGHT</td>
<td>6:1</td>
<td>YES</td>
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<tr>
<td>Lesson 2: RACE</td>
<td>SERIOUS BODILY INJURY</td>
<td>SEVERE</td>
<td>6:1</td>
<td>YES</td>
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<tr>
<td>Lesson 3: RACE</td>
<td>LOWER EXTREMITIES INJURY, HEATSTROKE, ALCOHOLIC SICKNESS</td>
<td>SEVERE</td>
<td>6:1</td>
<td>YES</td>
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<tr>
<td>Lesson 4: RACE</td>
<td>LOSST STUDENT</td>
<td>SEVERE</td>
<td>6:1</td>
<td>YES</td>
</tr>
</tbody>
</table>

#### Enclosure (2)
Stations

1. **Pool (1).**
   Part 1 of the pool portion will consist of treading water, swimming, and jump squats. Squads will tread water in MARPATs/NWUs while one team member swims to the shallow end. Once there, that individual will conduct 20 pushups on the pool deck. Elbows must come to 90 degrees or below for a repetition to count. Once complete, that individual will swim back to his/her respective squad and resume treading, while another team member swims down and repeats the exercise. One brick must be held above the water by the treading squad at all times. All team members must swim. Once every person in the squad has completed one round, squads may stop treading and immediately begin Pool (2). The brick may be placed on the pool deck for the rest of the pool portion.

   If the brick is dropped, the squad member swimming and conducting pushups cannot continue until the brick is retrieved and brought above water again. In addition, a 1 minute penalty will be incurred. Touching a wall also results in a 1 minute penalty. A 15 minute in pool time limit will be enforced for Pool (1) and all penalties will be added onto the squad’s time after completion of the station. Every member of the squad must tread, and every member must hold the brick. Gear will be staged on the pool deck. Boots will not be worn for Pool (1). 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 5 minute time penalty will be enforced.

2. **Pool (2).**
   Part 2 of the pool portion will consist of swimming and calisthenics. Squads will start in the deep end of the pool in NWUs/MARPA� immediately following Pool (1). Each squad will travel as one group throughout the duration of the evolution. All exercises explained will be done individually as a team, not as total repetitions by the team. Starting on one side of the pool, squads will conduct 10 gutter ups. From there, the squad will swim the length of the pool to the shallow end and exit to perform 25 squad sit ups with arms interlocked. When the squad swims back, they will conduct 10 gutter ups. Each time, gutter ups will increase by 5 and sit ups will decrease by 5, until 25 gutter ups and 10 sit ups have been completed.

   A complete gutter up is placing hands on the pool deck and lifting the body up until arms are locked out.
A complete squad sit up is every member of the squad touching elbows to thighs simultaneously while keeping arms interlocked with one another.

Incorrect exercises will not count. Safety Observers will judge form for all exercises. Each member of the squad will participate. Gear will be staged on the pool deck. Boots will not be worn during Pool (2). A 45-minute time limit will be enforced. In the case of a squad member not being able to complete the event, the remaining squad members will finish and a 5-minute time penalty will be incurred.

The squads will then exit the pool and change into dry MARPATs/NWUs. Wet MARPATs/NWUs will be placed in a garbage bag, then into a pack combined with the squad’s water sources and required weight. Distribute as the squad sees fit.

See Enclosure (4) for a diagram.

3. **Calisthenics Field Station.**
This land-based PT station consists of various calisthenic movements. Squad will first bear crawl the length of the soccer field. They will then partner up and conduct wheelbarrows back to the line at midfield. There, they will switch roles with their partner and wheelbarrow the rest of the way back. Squads will then conduct burpee broad jumps to midfield and low crawl to the other end. To get back, teams will repeat the same sequence. Once the entire squad has returned, they will partner up and buddy drag to midfield. There, they will switch roles with their partner and buddy drag back. The next phase will consist of ammo can presses and pull ups. Squads will split into two groups of three. One group will run with 6 total ammo cans down to the other end of the field, conduct 30 ammo can presses, and run back. Ammo can presses will be done with one ammo can per person only. Simultaneously, the second group will conduct 50 total pull-ups between the three team members. Every member must complete at least 5. When both groups are finished, they will switch and conduct the other exercise. The final phase will be tire flips. Two squad members will flip a tire to midfield and back, while the remaining four members hold a front leaning rest. Squads will switch tire flippers until every member has participated.

Once all exercises at Kittredge are completed, teams will begin the ruck portion.
4. **Buddy Carry.**
Location: Start of Baseline Trail to Gregory Canyon trailhead. Each squad will buddy carry one squad member starting at Baseline Trail. The squad member to be carried will be identified by the squad guide as the heaviest squad member. Squads will fill water sources at the start of Baseline Trail. The squad may choose who is carrying the squad member at their own discretion. The squad member will be carried to the Gregory Canyon intersection, where the squad guide will instruct the squad to drop him/her. There will be a one minute penalty for the remainder of the course for squads who do not stay on the correct route. The squad guide will allow the squad to miss or make a wrong turn but will correct them within 10 seconds and lead them to the correct path. The squad guide will then annotate the penalty and add it to the final time after the squad has touched the Buffalo.

5. **Ranger Pushups.**
Location: Intersection of Saddle Rock and Gregory Canyon Trail. Squads will be asked one question. Squads will conduct 20 cadenced ranger pushups for a correct answer, and 30 cadenced ranger pushups for a wrong answer. Pushups will only be counted if the elbows come to 90 degrees or below. Guides and proctors will monitor form to minimize risk of injury. Packs will be staged off the trail so as not to get in the way of trail use.

6. **Buddy Squats.**
Location: Intersection of Saddle Rock and Amphitheater Trail. Squads will be asked one random question. Team members must pair up with another member (preferably within 10 pounds) and conduct buddy squats. Squads will perform 10 buddy squats per squad member for a correct answer, and 20 buddy squats per squad member for a wrong answer. Squats will only be counted if the knees come to 90 degrees or below. Guides will monitor form in order to minimize risk of injury. Packs will be staged off the trail so as not to get in the way of trail use.

7. **Burpees.**
Location: Intersection of Saddle Rock and Greenman Trail. Squads will be asked one random question. Squads will perform 15 cadenced burpees for a correct answer, and 20 cadenced burpees for a wrong answer. Guides will monitor form in order to minimize risk of injury. Packs will be staged off the trail so as not to get in the way of trail use. This is a mandatory water refill station, as it is the last point on the mountain where teams can refill water.
8. **SUMMIT STATION**
Each squad will work together using critical thinking and problem solving skills to complete a challenge.

9. **Mountain Climbers.**
Location: Intersection of Saddle Rock and Greenman Trail. Squads will be asked one random question. Squads will perform 15 four count mountain climbers for a correct answer, and 25 four count mountain climbers for a wrong answer. Guides will monitor form in order to minimize risk of injury. Packs will be staged off the trail so as not to get in the way of trail use.

10. **Squad Lunges.**
Location: Intersection of Saddle Rock and Amphitheater Trail. Squads will be asked one random question. Squads will perform 20 two count team lunges for a correct answer, and 30 two count team lunges for a wrong answer. Lunges will be conducted by all squad members interlocking arms and completing each repetition as a team. Squads will alternate the leading foot for each count. Guides will monitor form in order to minimize risk of injury. This will be a mandatory water refill station. Packs will be staged off the trail so as not to get in the way of trail use.

11. **Smurf Jacks.**
Location: Intersection of Saddle Rock and Gregory Canyon Trail. Squads will be asked on random question. Squads will conduct 20 cadenced smurf jacks for a correct answer and 30 cadenced smurf jacks for a wrong answer. Guides will monitor form in order to minimize risk of injury. Packs will be staged off the trail so as not to get in the way of trail use.

12. **Buddy Carry.**
Location: Start of Baseline Trail to the Buffalo Statue. Each squad will buddy carry one squad member starting at the start of Baseline Trail. The squad member to be carried will be identified by the squad guide as the lightest male squad member. Squads will fill water sources at the start of Baseline Trail. The squad may choose who is carrying the squad member at their own discretion. The squad member will be carried to the finish at the Buffalo Statue.

13. **Final Checkpoint.**
Location: Buffalo Statue in front of the Field House. Teams will complete the entirety of the race once the last member touches the buffalo statue. Drop dead time for the entire race is 1600.
Workout Diagrams

Pool Station:

Team 1 Gutter-Ups

Team 1 Tread

Team 2 Tread

Team 3 Tread

Team 3 Gutter-Ups

Team 1 Swim

Team 2 Swim

Team 3 Swim

Red = Pool (1)
Blue = Pool (2)
Kittredge South Field Station:

★ = switch partners
Timeline of Events

Clare Small Pool

<table>
<thead>
<tr>
<th>TIME</th>
<th>TEAMS</th>
<th>DESCRIPTION</th>
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<tbody>
<tr>
<td>0615-0715</td>
<td>1-3</td>
<td>Pool Portion</td>
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<tr>
<td>0715-0815</td>
<td>4-6</td>
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<tr>
<td>0815-0915</td>
<td>7-9</td>
<td>Pool Portion</td>
</tr>
<tr>
<td>0915-1015</td>
<td>10-12</td>
<td>Pool Portion</td>
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Kittredge Field South

<table>
<thead>
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<th>DESCRIPTION</th>
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<tbody>
<tr>
<td>0730-0815</td>
<td>1-3</td>
<td>Calisthenics Station</td>
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<td>0930-1015</td>
<td>7-9</td>
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<tr>
<td>1030-1115</td>
<td>10-12</td>
<td>Calisthenics Station</td>
</tr>
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</table>
Inclement Weather Workout and Grading

**Grading:**
Each team’s scores at each station will be ranked. Placement in each event will receive a score that goes towards the overall score.

1. 10 points  
2. 5 points  
3. 4 points  
4. 3 points  
5. 2 points  
6. 1 point

**Course Information:**
- Proctor will observe every station to avoid injury
- Maximum 25 minutes rest between each station
  - Pool station (1) must have 30 minutes rest before  
  - Pool station (2) must have 30 minutes rest after  
  - 15 minutes rest in between  
  - Stations 3 through 6 will be conducted in the Balch Fieldhouse (See Colorado Meet Letter of Instruction for CU Campus Map)

**Station 1:**
Pool Station (1)

**Station 2:**
Pool Station (2)

**Station 3:**
Full Murph per individual for time
- 1 mile run  
- 100 strict pull-ups  
- 200 push-ups  
- 300 air squats  
- 1 mile run

**Station 4:**
1 round from each team:  
20 pull-ups  
30 push-ups  
40 sit-ups (NAVY PFA)  
50 squats  
Time taken to complete the course for each
Station 5:
Log PT
50 log sit-ups
50 log lunges
50 4-count shoulder press
Complete 3 rounds for time

Station 6:
Up-downs mile- As a team for time:
Up-down broad jump the entire way.
One member goes at a time.
Team switches when member needs rest.
AFTER ACTION REPORT:

What did you like about the competition?

What did you not like about the competition?

If you were in charge of this competition, what would you change for next year?