

ALL CORRESPONDENCE RELATED TO THE ENDURANCE RACE GO THROUGH E  
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Subj: ENDURANCE RACE SUMMARY

WHO: ENDURANCE TEAMS OF INVITED NROTC UNITS ACROSS THE COUNTRY WILL BE COMPETING IN THE ENDURANCE RACE PORTION OF THE COLORADO MEET. EACH SCHOOL WILL CONSIST OF A SQUAD OF 6 ATHLETES. SQUAD MEMBERS WILL CONSIST OF THE SCHOOL'S MOST WELL PREPARED ATHLETES FOR A CHALLENGING AND FUN RACE. THE SQUAD MUST CONTAIN AT LEAST ONE FOURTH CLASS MIDSHIPMAN AND ONE FEMALE MIDSHIPMAN. ONE MECEP/OFFICER CANDIDATE IS AUTHORIZED TO COMPETE. EACH TEAM WILL DESIGNATE A CREW LEADER. THE CREW LEADER WILL BE RESPONSIBLE FOR ENSURING THE YOUR WHOLE SQUAD IS PREPARED FOR THE EVENT. YOU WILL NEED TO ENSURE THAT ALL OF YOUR GEAR IS PREPARED AND READY AT THE APPROPRIATE TIME.

WHAT: THE ENDURANCE RACE WILL START WITH AN HOUR-LONG SWIM PORTION. TEAMS SHOULD BE PREPARED TO CONDUCT WATER TREADING, SWIMMING, AND POOL CALESTHENICS. FROM THERE, TEAMS WILL BE SENT UP A MOUNTAIN WITH WEIGHT DISTRIBUTED BETWEEN THEM FOR A RUCK PORTION. ALONG THE WAY THERE WILL BE STATIONS TESTING PHYSICAL FITNESS AND KNOWLEDGE. TEAMS WILL BRING A SCHOOL FLAG FOR A TEAM PHOTO AT THE TOP OF THE MOUNTAIN. DUE TO LOCAL LAW, IF ANY NON-ROTC PERSON ASKS THIS EVENT IS A FUN RUN. NOT A RACE.

WHEN: TEAMS WILL COMPETE ON THE 3<sup>RD</sup> OF MARCH 2018. THE COMPETITION WILL TAKE PLACE ALL THROUGHOUT THE DAY OF THE COLORADO MEET. ENDURANCE TEAMS WILL START THREE AT A TIME WITH ONE HOUR INTERVALS.

WHERE: THE ENDURANCE RACE WILL TAKE PLACE FIRST AT THE UNIVERSITY OF COLORADO REC CENTER IN THE CLARE SMALL POOL AND THE DIVE WELL. GEAR ISSUE WILL TAKE PLACE AT THE FIELDHOUSE. TEAMS WILL RUN THROUGH BOULDER AND TO CHAUTAUQUA PARK.

WHY: THE PURPOSE OF THE ENDURANCE RACE IS TO BUILD A STRONG COMRADERY BETWEEN NROTC UNITS AROUND THE COUNTRY, AS WELL AS WITHIN EACH SCHOOL COMPETING. THE PREPARATION FOR THE ENDURANCE COMPETITION WILL DEVELOP SKILLS OF PHYSICAL FITNESS AND TEAMWORK. THE RACE ITSELF IS A CHALLENGING TASK AND WILL INSTILL A SENSE OF PRIDE IN ALL MEMBERS COMPETING.

MAP OF UNIVERSITY OF COLORADO REC CENTER:

