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

Subj: COLORADO MEET ENDURANCE RACE WARNING ORDER

1. On 7 March 2020, the University of Colorado-Boulder will host an endurance race. The purpose of this event is to foster competition, test physical fitness abilities, and contribute to your school’s overall Colorado Meet score.

2. Each team will have 6 members. The 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. The endurance race is a physically demanding event, starting with a pool portion performed in NWU/MARPAT Utilities. This will include treading, swimming, and various calisthenic movements. Afterward, each team will conduct a circuit of land-based PT. The next event will be a 8-10 mile ruck/run over mountainous terrain with an elevation gain of about 3,000 feet. Each team will carry four packs with 30-45lbs of weight in each. Along the course of the ruck/run, teams will be tested on general military knowledge and perform various calisthenic exercises.

3. A guide will lead each team through the race and act as a safety observer. Water refilling stations will be scattered on the course, but each team member should supply their own hydration source. Packs, weight, and traction gear will be provided, and a specific gear list will be included in the LOI.

4. This is an extremely physically demanding event. Schools are not permitted to send members of their Fitness Enhancement Program (FEP) to compete in the race. If teams are deemed unfit to participate at any point, they will be immediately disqualified.

5. For additional information or questions, please contact the following people:

   a. AMOI Gunnery Sergeant Stockman, anthony.stockman@colorado.edu, (317)519-0423.
b. Colorado Meet OIC Midshipman 2/C Vanlangendonck, zachary.vanlangendonck@colorado.edu, (813)751-5078.

c. Colorado Meet AOIC Midshipman 2/C Lee, rachel.lee-1@colorado.edu, (713)376-6730.

d. Endurance Race Competition OIC Midshipman 3/C Early, allison.early@colorado.edu, (331)481-2537.

e. Endurance Race Competition AOIC Midshipman 3/C McLaughlin, alicia.mclaughlin@colorado.edu, (724)814-9880.

Z. T. VANLANGENDONCK