

### **STEPS TO GETTING CERTIFICATE**

- 1) Complete the Norwegian Ruck March to time standard.
- 2) 2-19 IN BN will send verified finishers to Norwegian Embassy. The Embassy will review/verify names and send template back to 198<sup>th</sup> 2-19 IN BN (~4 weeks).
- 3) 198<sup>th</sup> 2-54 IN BN will send out certificate to verified participants (~2 weeks).
- 4) Pins will be on participants to buy. Link in email.
- 5) IN ORDER TO RECIEVE GOLD OR SILVER AWARD PARTICPANTS MUST SEND ALL PRIOR CERTIFICATES

### **EMERGENCY CONTACT PACE**

- 1) Primary – Nearest Checkpoint
  - a. CP1: (907) 917-6925
  - b. CP2: (254) 258-5867
- 2) Alternate – 2LT BROOKS: (847) 826-9307  
SSG COZORT: (270) 320-2893
- 3) Emergency – 911

In the event of a medical emergency for either yourself or another participant, call each phone number in order of precedence until you make verbal contact with another recipient. Inform the next checkpoint of injured personnel and their general location.

### **ROUTE: FOOTPATH (APP)**



[SAVE ROUTE HERE](#)



NORWEGIAN FOOT MARCH  
Hosted by: 2-19, 198<sup>th</sup> IN BDE