

Thank you everyone so far for signing up for the 2025 MacDill AFB Norwegian Foot March. We are looking forward to the event and below you will find details and instructions for the event.

The address for the JCSE compound on MacDill AFB is **8532 Marina Bay Dr, Tampa, FL 33621**.

If participants need base access, we will be providing the main gate of MacDill AFB with a roster of people that have been cleared to enter the base for the event.

The Foot March will be taking place from **2300** on **24 April** until **0600** on **25 April**. Participants will need to start arriving to begin the check-in process NLT 2100 on 24 April to ensure we are able to process everyone, including weigh-ins and assigning numbers to runners.

As instructed in the invite email that was sent out, this is a ruck march so you are required to have a ruck that has a dry weight of 25lbs, and it will be checked prior to the race start and upon race completion. For military participants, you are required to wear your duty uniform, but combat tops are approved for the event. So just to reiterate, military members are required to wear some form of uniform top, uniform pants, and uniform boots.

Please ensure that you know proper wear and packing of a rucksack as you can cause injury to yourself.

For our civilian participants, while we can't direct you to wear a uniform, if you do have one in some form or fashion, please feel free to wear it in the spirit of the Norwegian Foot March. The same goes for the requirement of a rucksack, but for non-military members, a weighted vest is allowed since you may not have a proper rucksack. The weight requirements are still the same so make sure it is 25lbs dry weight.

Military members are also required to use some form of a rucksack. Weighted vests are **NOT** authorized for military members looking to complete this event.

As with the invite email, here are the times required for the age groups for the march:

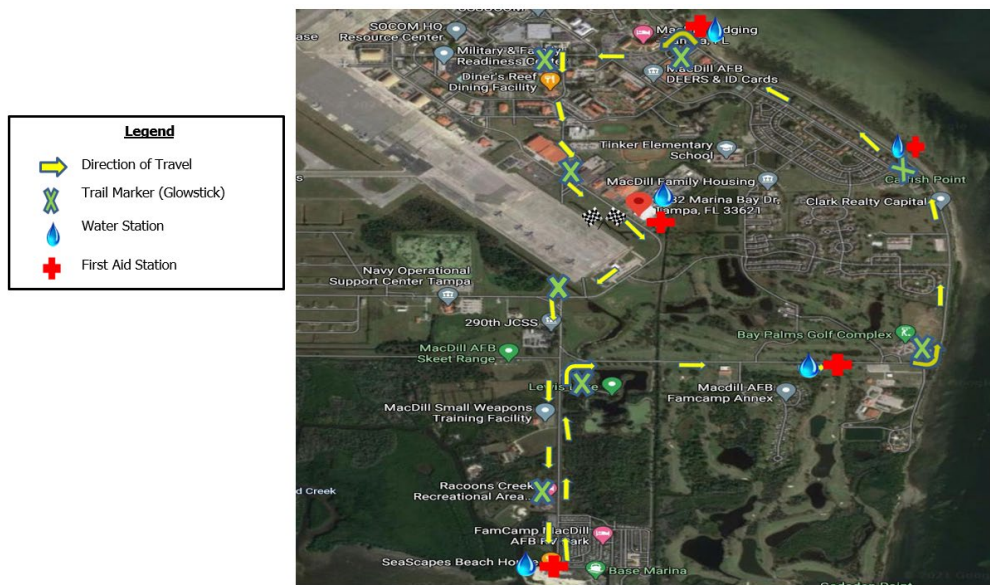
Age	Male Time requirements	Age	Female Time
18–20:	4:35	18–20:	5:35
21–34:	4:30	21–34:	5:15
35–42:	4:35	35–42:	5:25
43–49:	4:40	43–49:	5:30
50–54:	4:50	50–54:	5:40
55–59:	5:00	55–59:	5:50
60–:	5:15	60–:	6:00

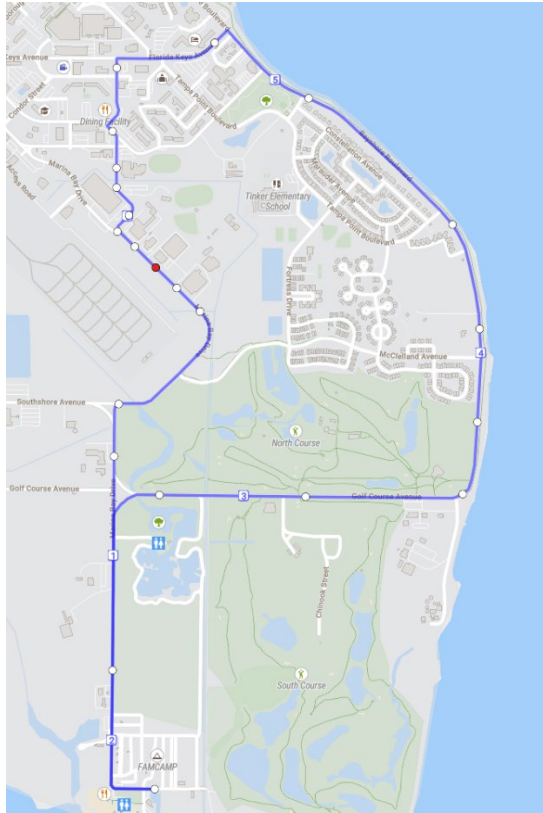
We currently have over 100 people signed up for the event so we will be sending runners out in at least two waves to ensure there are no bottlenecks on the first part of the route. We understand that some people would like to complete the event in groups so please make sure to let us know so we can keep track of it to ensure you start in the same wave.

This year we were able to secure a company to provide us with RFID chips on the bibs for tracking purposes to assist with us keeping track of laps and times of participants. There will be a RFID scanner located at the start/finish line that you will need to pass over to ensure that your laps are counted correctly.

Below you will see the route that we will be taking for the event. Each lap is 6.2 miles and will require you to complete three laps for a total of 18.6 miles or 30KM.

Throughout the route we will have people to direct you, provide water/Gatorade/snacks, and if needed, medical attention.





For people participating in the event, you will see below where you will enter the JCSE compound and where to park. We will also have signs and people around to help with directing where to go.

Please only enter and exit at the gate marked on the map as the gate near the start/finish will be either closed or blocked off.

