

Fort Irwin Triple-R Challenge

(Everything is subject to change, keep cellphones handy)

Tentative Timeline:

0500-0515 hrs: accountability and safety briefing

0515-0555 hrs: conduct 4-mile run

0555-0600 hrs: transport participants to Box Gym

0600-0620 hrs: change into OCPs

0620-0625 hrs: transport participants to Protocol parking lot

0625-0630 hrs: walk to Ropes

0630-0650 hrs: conduct 20 ft. rope climb

0650-0700 hrs: transport participants back to Box Gym

0700-0710 hrs: Start Ruck March

0940-1000 hrs: End Ruck March

4-Mile Run (36 minutes)

1. You may bring a headlamp
2. Uniform is the Army PT uniform, it's quite cool in the morning, I suggest, shorts and long sleeve shirt. You may any version of the PT uniform that is comfortable for you to run 4 miles.
3. There will be one water point at the 2.9 mile marker if you need it.
4. There will be a 15pax van stage at the end point to take everyone back to the Box Gym to change from summer PTs into OCPs.

Rope Climb (15-20 minutes)

1. Uniform, OCP with boots and patrol cap
2. I will transport everyone to the OSJA office, Building 242 and we will walk a few feet to the ropes
3. There are three ropes, no time limit to get up the rope.

10-Mile Ruck March (2.5 hours)

1. Uniform: OCPs, boots, patrol cap, water source and large rucksack with 35 pounds in it (Please let me know ASAP if you need a Rucksack)
2. Three designated water points along the way, they are also identified on the attached map.
3. A TMP will follow behind for safety reasons

Notes

MSG Williams's cellphone: xxx-xxx-0221

Medic-SGT Nguyen: xxx-xxx-6555

CLS-SPC Baker: xxx-xxx-9031

The weather for 4 October 2019 is scheduled to be a low of 48 degrees Fahrenheit and a high of 82 degrees Fahrenheit.

Water Points

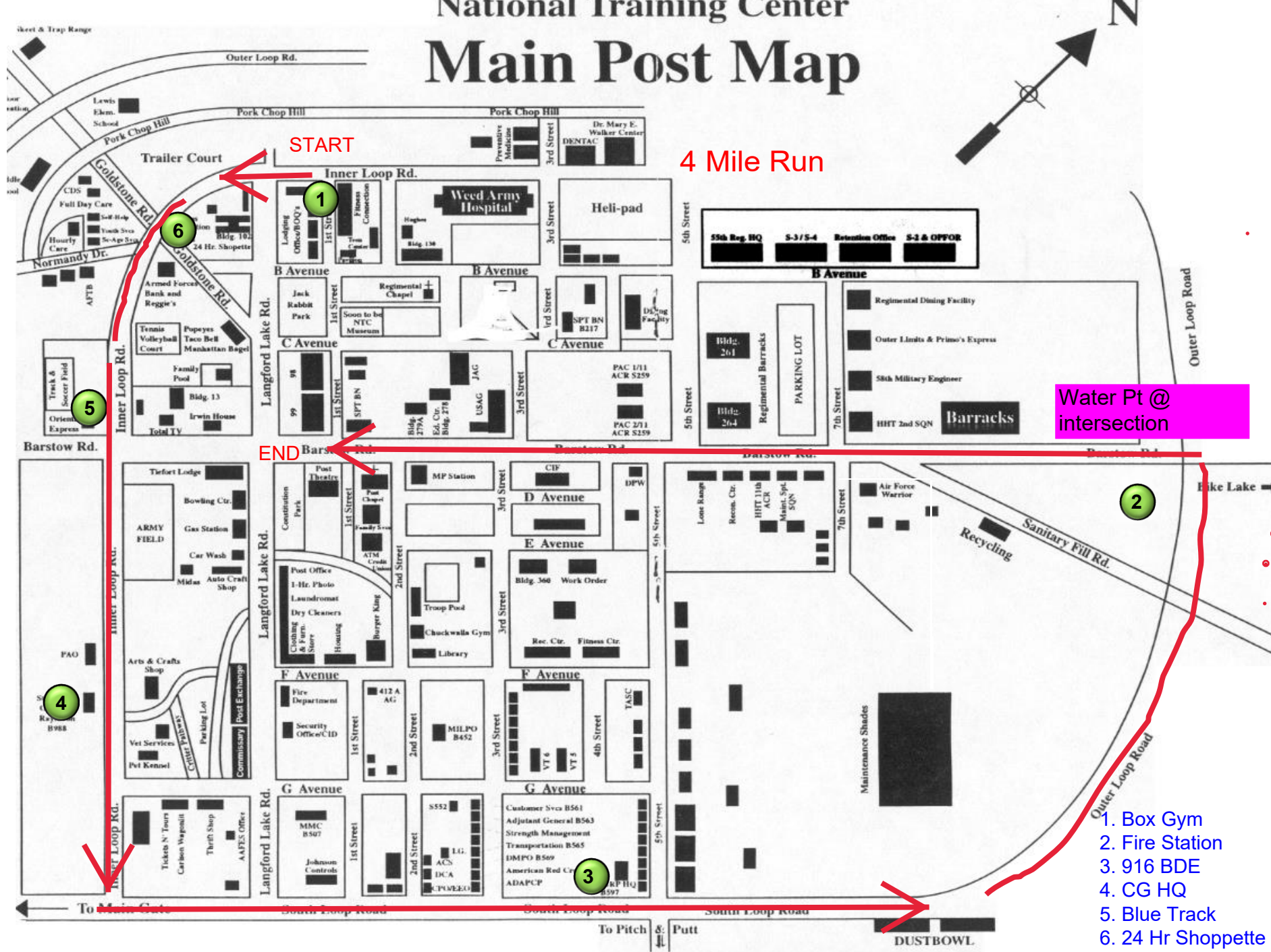
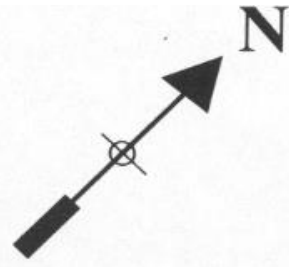
Event 4 Mile Run:

- SGT Razo & SPC Drummond will provide water at the 2.9 mile marker
- Water will be located at end point with MSG Williams and SGT Nguyen

Event 10 Mile Ruck

- SGT Gabis & SPC Kang - Manage Water Point (Ruba) (arrive 0630 to box gym)
- CW2 Saavedra & CPT Reeves - Manage Water Point (Blue Track) (arrive 0630 to box gym)
- SPC Campbell and PFC Ayala - Manage Water Point (Bus Stop, Outer Loop) (arrive 0630 to box gym)
- SFC Orr, CPT Brockmeier & LTC Staten - spotters for rope climb (arrive at Protocol Parking Lot at 0615 hours)
- SPC Baker - TMP Driver (arrive at 0500 hours at box Gym)

National Training Center Main Post Map



4 Mile Run

Water Pt @ intersection

1. Box Gym
2. Fire Station
3. 916 BDE
4. CG HQ
5. Blue Track
6. 24 Hr Shopette

National Training Center Main Post Map

Water Pt, Bus stop

10 Mile Ruck

Water Pt, Barstow RD; side of Blue Track

Water Pt, RUBA gravel across the street

1. Go Left from Box Gym
2. Make Right on Goldstone
3. Make Right on Outer Loop(1.1m)
4. Make Right on Inner Loop(5.1m)
5. Make Left on Barstow RD
6. Make Right on Outer Lp
7. Make Right on Goldstone
8. Make Left Inner Lp
9. Make a Right on 5th St
10. Make Right on B Ave
1. Make Right on 1st St

1. Box Gym
2. Fire Station
3. 916 BDE
4. CG HQ
5. Blue Track
6. 24 Hr Shoppette

