50 Mile March: Operation True North - Qualifier Ruck - April 10, 2027

Qualification Standards Statement: We thank you for your interest in participating in the 2027 50 Mile March: Operation True North. This is the foundational event around which our organization was formed. As such, we have established strict standards in qualifying marchers to participate. This activity is not for the faint-of-heart. You must be committed to a conditioning and training regimen to prepare you for being on your feet, with a small pack on your back, for 50 miles. This is not a relay. It is 22 hours on your feet, with 4 rest stops. It's not a given that you'll get a nap. Our standards are high for a reason - your safety. Train hard, train safe and we hope we see you in August.

Location: Chalco Hills Recreation Area (8901 S 154th St, Omaha, NE 68138). We will be meeting at the Natural Resources Center. Access a map here. Please follow parking instructions upon arriving on site. *Note that parking is limited; we encourage carpooling or arranging for transportation for pickup/drop off.*

Event Timeline:
Please note that all times are approximate.

2:00 pm - Check-In Opens

Check in will occur at 2:00 pm at the Natural Resources Center. Please follow signage / volunteer instructions upon arrival.

All participants will be asked to show the following at check-in:

- Pack (15# weight minimum)
- Hydration bladder/Camelbak hydration system (no water bottles allowed)
- 2 change of socks
- Head covering (hat)
- Headlamp
- Signed Waiver of Liability & Release Agreement

We also recommend bringing any other nutrition and personal care items needed during the event, multiple layers of clothing, gloves, a chair and/or yoga mat for before the ruck/during the break.

2:45 pm - Platoon Leadership Introductions & Line Up

Platoon leadership will begin lining up participants and offering an initial brief. **NO LATE ARRIVALS WILL BE ALLOWED TO MARCH.** Plan to arrive with plenty of time to check in, get your gear ready, and be ready to follow leadership instructions.

3:00 pm - Welcome, Pledge, Calisthenics & Ruck begins

All participants will be grouped into **Serial 1** or **Serial 2**; there will be two Platoons under each Serial. Start times will be based on Serial grouping; there will be a short time offset for Serial 2.

Official welcome, pledge, and briefing will be held to outline marching expectations and safety.

Group warmup which will include qualifier required calisthenics (subject to change):

- 3 x 1 minute plank
- 3 x 1 minute air squats (aim for minimum of 25 per set)
- 3 x 1 minute jumping jacks (aim for minimum of 25 per set)

Lap 1. The first march will be approximately 10 miles.

Pace will vary between 3.2 and 3.7 MPH (Pace: 18:45 to 16:13). For safety purposes, marchers will be required to maintain march discipline which means staying in the formation designated by the march element leader.

An approximate 30 minute break will occur between lap 1 and lap 2. During the break participants will be charged with [this is a rank ordered list]:

1. Check your feet and perform necessary foot care; change socks.
2. Hydrate at the rest stop and ensure your water bladders are filled.
3. Use the restroom.
4. Eat in accordance with your dietary requirements.
5. Change any clothing as desired considering the weather conditions.
6. Charge electronic devices/change batteries as necessary.
7. Know what's coming next! Ask your Platoon Leadership if you are unsure…is your platoon leading after the rest stop?
8. Rest/nap if time permits.

Lap 2. The second lap will be approximately 10 miles. Please make sure you have a headlamp ready (red light setting recommended) for lap 2.

FAQs

Q: What if the weather is bad on April 10?

A: The qualifier will take place rain or shine (or snow). Please plan accordingly with your apparel choices. We recommend multiple layers and bringing hats/gloves/etc.

Q: What if I'm from Omaha but cannot attend the April 10, 2027 Qualifier event at Chalco Hills Recreation Area? Can I submit a remote submission instead?

A: Yes. While we HIGHLY recommend coming to the qualifier event to qualify in person, we understand that other conflicts may arise. We will accept remote qualification standards from any registered individual who is unable to participate in the live qualifier.

Q: What if I have physical limitations that prevent me from doing the calisthenics portion of the qualifier?

A: Please discuss with your platoon leadership; we will allow you to substitute another movement within your ability (high knees, sit ups, lunges, etc.)

Q: What happens if I can't keep pace/I fall out of the march formation?

A: It is important to remain in formation designated by your march element leaders. There will be multiple designated leaders within each Platoon. For safety purposes, marchers will be required to maintain march discipline; even if you are a fast walker, it's important to stay behind the pacer. Our goal is not to have walkers spread too thin. If you cannot maintain the set pace, keep following the route until you return to the start point or follow the instructions of your platoon leadership. The purpose of the qualifier march is to establish whether participants are prepared for the physical challenge of the 50 Mile March; if you are unable to achieve required milestones this year, we encourage you to continue training, consider joining us as a volunteer for Operation True North, and try again in 2028!