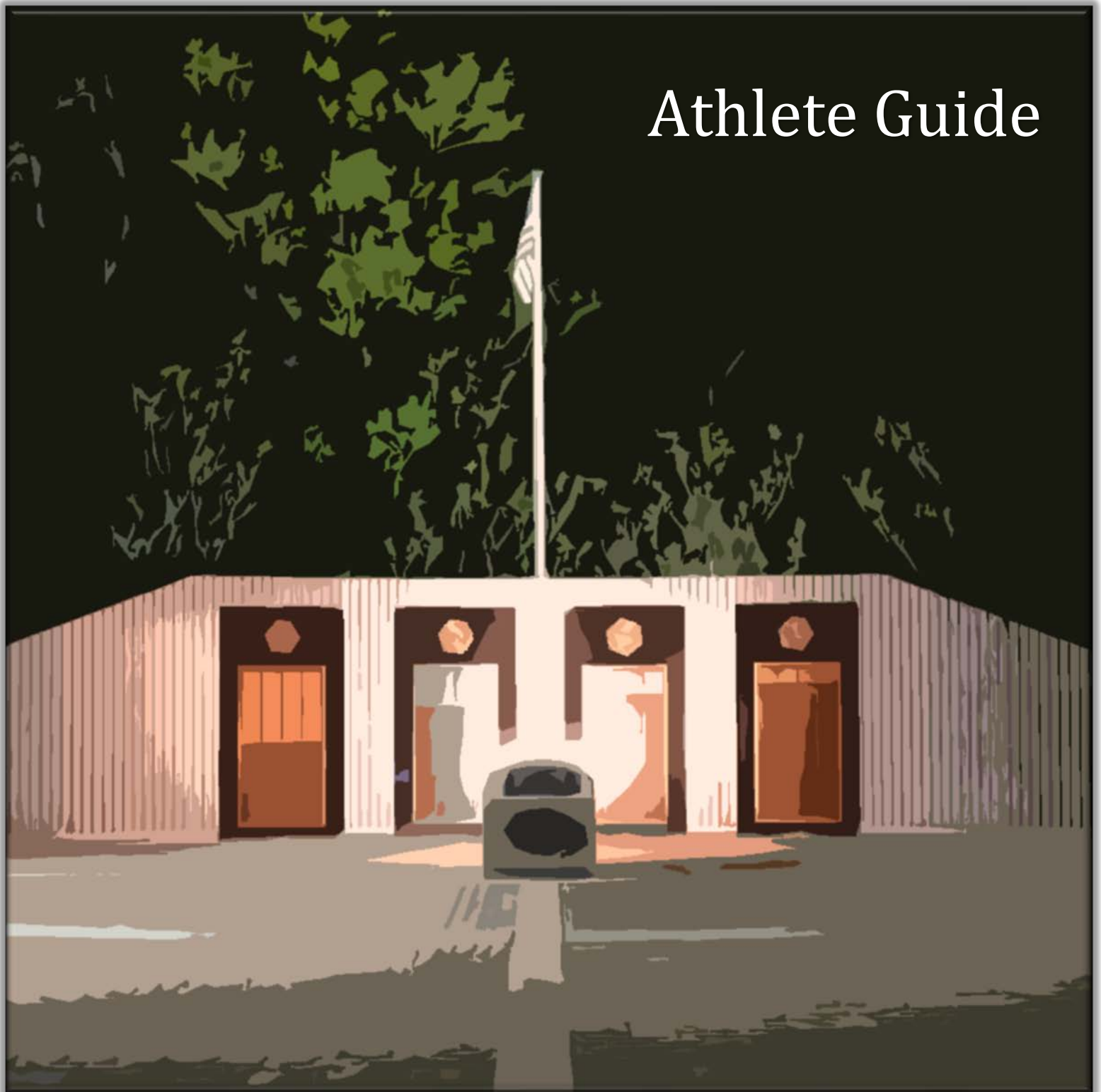




EOD MEMORIAL CHALLENGE 2026

SATURDAY 25 APRIL

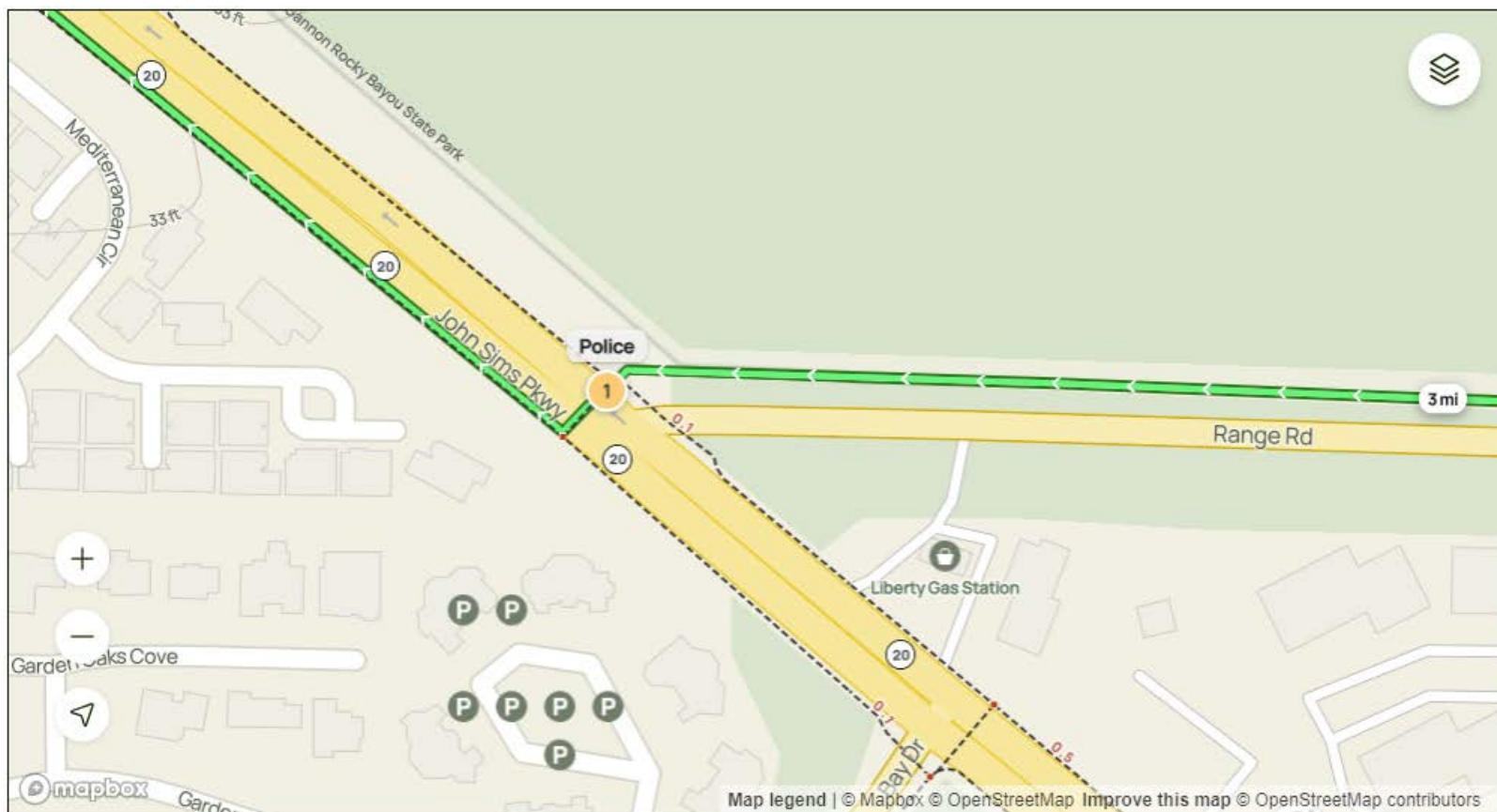
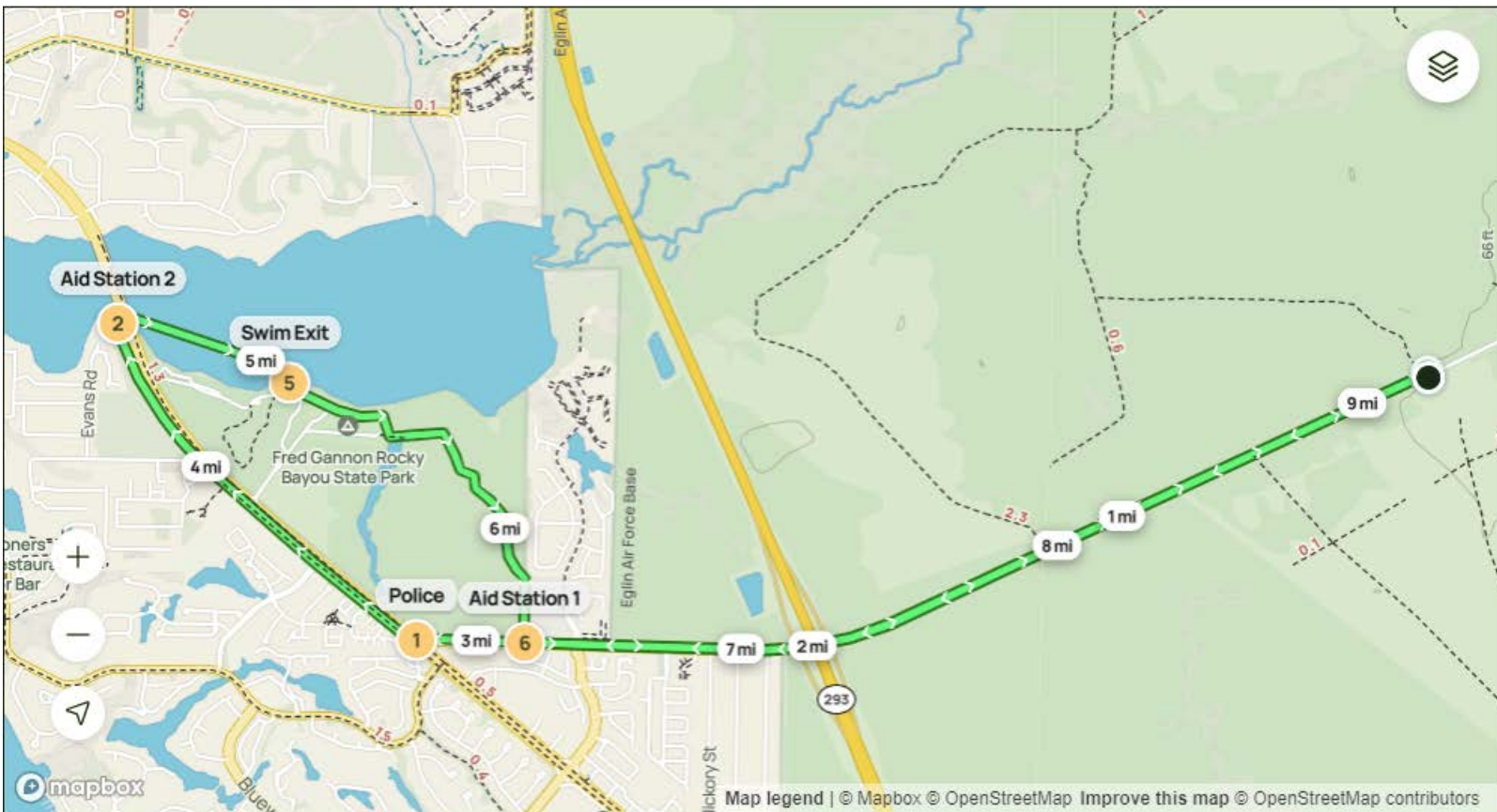
Athlete Guide





EOD MEMORIAL CHALLENGE 2026

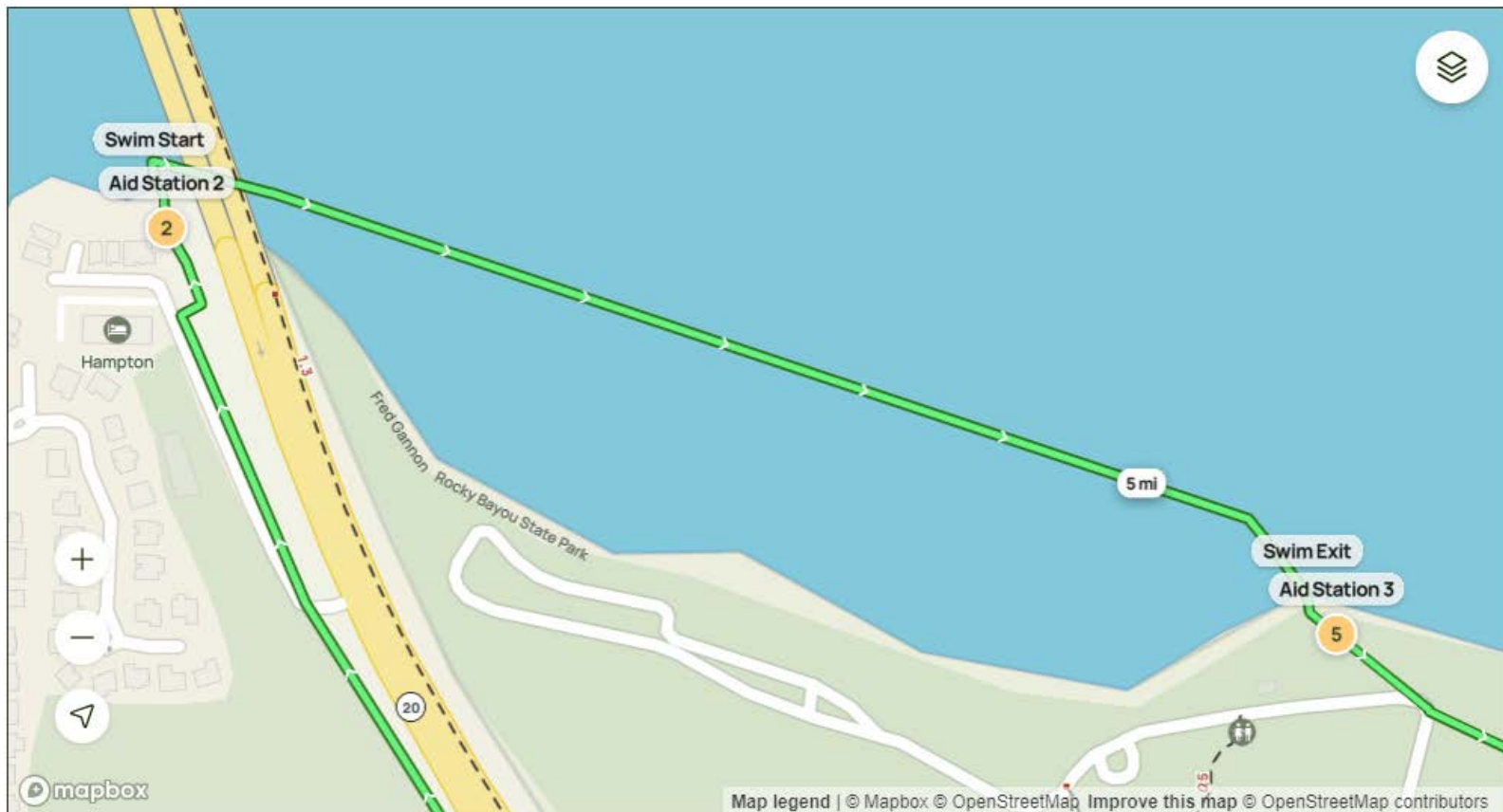
SATURDAY 25 APRIL





EOD MEMORIAL CHALLENGE 2026

SATURDAY 25 APRIL





EOD MEMORIAL CHALLENGE 2026

SATURDAY 25 APRIL



Course details: 4.5 mile ruck | 0.5 mile swim | 4 mile run

Starts and ends in front of the EOD Memorial located on Range Rd, Bluewater Bay.

Location:

8840 Range Rd
Niceville, FL US 32578

Garmin course link: <https://connect.garmin.com/modern/course/240469810>



EOD MEMORIAL CHALLENGE 2026

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PARKING

Parking for civilians without Active Duty credentials



Parking for
NAVSCOLEOD Staff and
Students





EOD MEMORIAL CHALLENGE 2026

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Timelines:

- 0700 Check in desk open
- 0715 Ruck weigh stations open
- 0845 Athlete Briefing at EOD Memorial
- 0900 Benediction, National Anthem, **RACE START**
- 1000 Food and Drink available at finish
- TBD Awards ceremony after majority of participants finish

Rules/Order of operations:

Overall

- Wear included BIB # on the front of your body with safety pins or race belt.
- Ensure drink cups at aid stations are disposed properly in trash bins. DO NOT LITTER.
- Respect and thank volunteers for supporting this event!

Ruck

- To be eligible for prize, must have ruck weighted in at no less than 30 pounds
- Carry on your person all swim gear, swim gear can count towards the 30 pounds
- Ruck defined as any way to carry weight, backpack, ruck, carry in hand, etc.
- Ensure you are running on the right side of range road with the flow of traffic in the dirt, grass, or on the shoulder of the road outside of the lane of traffic.

Swim

- Aid station #2 will be at this location for drinks and snacks
- Drop ruck off at swim entry, don't carry swim gear (if any), enter water, swim to swim exit near aid station #3.
- Exit swim, drop any swim gear (if any), run slick without weight back to the start line via state park trails. Trails will be well marked with colored tape around trees.
- Any flotation devices are allowed including but not limited to: fins, wetsuit, kickboard, lifejacket, boogie board, etc. **Remember, anything used in water must be carried to the swim during the ruck.** ***

Run

- Run slick back to the start line. Stop by aid station #1 for hydration and snacks near the exit of the state park. Ensure you are running on the left side of range road against the flow of traffic in the dirt, grass, or on the shoulder of the road outside of the lane of traffic.



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Finish line

- Cross the finish line and ensure you stay in the exact order you crossed until a staff member records your bib number to ensure accurate finish times.
- Grab food and drinks via included wristbands until awards ceremony.

Team Racing

- If competing as a team, all members must cross the finish line **together**, as a team.

Gear Retrieval

- Pick up gear dropped off at swim entrance or exit past the finish line in the staging area near ruck weigh ins.
- Ensure gear is legibly marked to identify your equipment, fins, ruck. You will be provided (1) wristbands with your BIB # to place on fins or rucks for easy retrieval.

Ruck** weights:

30lb* minimum for 18 y/o and older

15lb* minimum for 17 y/o and younger

*minimum indicates eligibility for prizes. Titrate ruck weight to own fitness level/age.

**ruck= any method of carrying prescribed weight

Prizes:

Top Male / Female + Top competitor in age groups:

Under 17, 18-25, 26-30, 31-40, 41-50, over 50

Top team will be awarded as well. Teams will consist of 5 people per team.

Safety is paramount at all times! Holding onto a kayak, boat, paddle board and resting during the swim is ALLOWED. If a participant is in distress and needs assistance, please be loud and flag down water rescue.



EOD MEMORIAL CHALLENGE 2026

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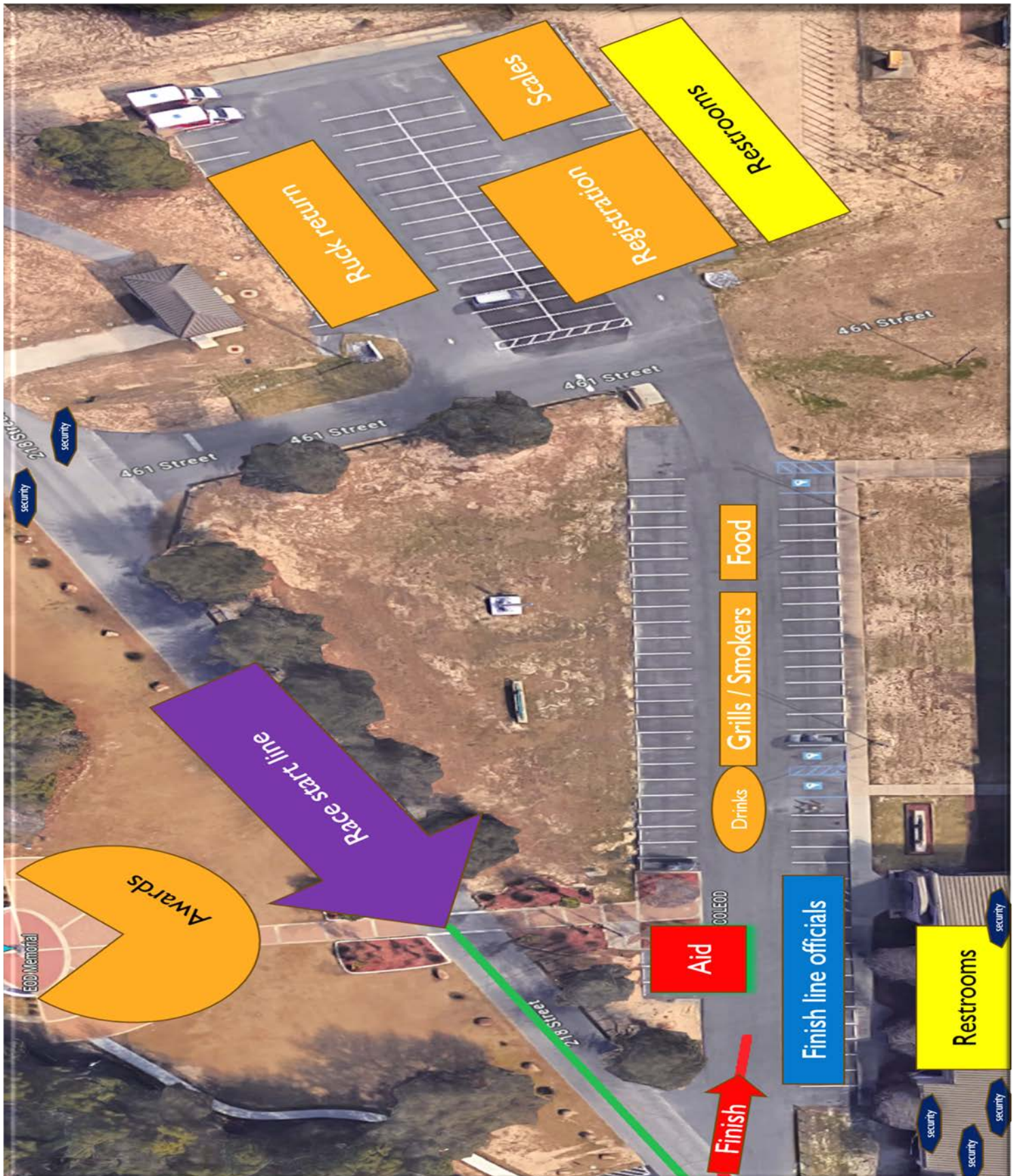
MORNING CHECK-IN CHECKLIST

- ✓ **Check in at registration desk, collect t-shirt**
- ✓ **Weigh ruck at weigh station**
- ✓ **Place (1) identification wrist band around your ruck**
- ✓ **Place (1) identification wrist band on your left wrist**
- ✓ **Attach BIB # to front of body with safety pins or race belt**
- ✓ **Place (2) food and drink wrist bands on your right wrist**
- ✓ **Ensure fins or other swim gear legibly marked**
- ✓ **Hydrate, use bathrooms, get ready for start at 0900**



EOD MEMORIAL CHALLENGE 2026

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EOD MEMORIAL CHALLENGE 2026

SATURDAY 25 APRIL

Mission

Step into a day of meaningful camaraderie, honor, and purpose at our Memorial Challenge—an extraordinary event combining a ruck, swim, and run, held in commemoration of the courageous EOD technicians who sacrificed their lives. Join us at the iconic EOD Memorial Wall at Eglin Air Force Base NAVSCOLEOD, where we will pay tribute to the 345 fallen heroes who gave everything in the line of duty.

This physically demanding challenge is not just an event; it's a heartfelt homage to the memory of those we've lost. By participating, you'll be part of a powerful movement to support the EOD Memorial and other organizations dedicated to the EOD community.

Following the challenge, revel in the sense of achievement and solidarity at our cookout, where stories will be shared, connections forged, and a powerful award ceremony will take place. Your participation ensures that the legacy of our fallen heroes lives on, making a tangible impact on the EOD community.

Come be a part of this extraordinary day, where we celebrate resilience, pay tribute to the fallen, and contribute to a noble cause. Together, we can make a difference and honor those who bravely served. Join us for an unforgettable experience that goes beyond the physical challenge—it's a journey of remembrance, unity, and support.

