

SGT Calvin Funk American Legion Post #32

Coast Fork Willamette River 2026 Norwegian Foot March Summary

Update: 25 FEB 2026



Location: Lakeside Park, Cottage Grove, Oregon

Date: 19 SEP 2026. Alternate dates are 20 SEP, 27 SEP, 03 OCT and 04 OCT.

Start/Stop Point: Next to the Command Post, which will be at the middle of Lakeside Park.

Route: Out-and-back on Weyerhaeuser Road, which is a privately owned and access restricted, paved log truck road. Total distance of 30km.

Parking: Lakeside Park and the field below Cottage Grove Lake dam. Gates will likely open around 0530.

Toilets: Lakeside Park has 5 pit toilets, which will be augmented by trailer-mounted porta-potties early in the morning.

Water: Free water and Gatorade will be available for the participants at the three intersections.

Registration: Registration Forms will be sent to all Oregon-based military units and American Legion posts. To help us with planning, we ask that all registration forms be completed and returned by 01 JUN 2026. Roster adjustments will be allowed up to a week prior to the event. Participation is free.

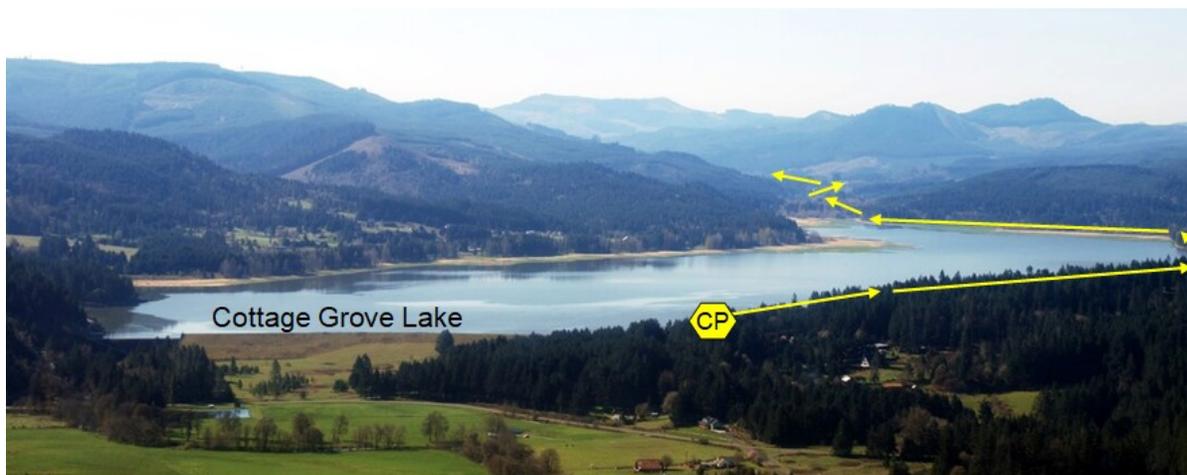
Camping options: To help participants avoid long, early morning drives, we plan to make over night camping options available to military units and legion posts. More details later.

Information: More information to come as planning continues. Watch for updates at:

<https://cottagegrovelegionpost32.org/norwegian-foot-march/>

The Plan

The American Legion, which was created in 1919, is America's largest military veteran organization. Last year, Calvin Funk American Legion Post #32 conducted our first Norwegian Foot March (NFM) on Row River Trail (Ref #325/25). 70 soldiers from the local area participated in the event and 55 NFM badges were earned or upgraded. An [article](#) was published about our event on the Army Reserve website and [pictures](#) were posted online. Following the resounding success of our first NFM, we are following up with a second NFM on Saturday morning, 19 SEP 2026, on the privately owned Weyerhaeuser Road, which can accommodate a much larger turnout. If the initial date has to be rescheduled due to weather, or an additional NFM day added due to a large turnout, the alternative dates are 20 SEP, 27 SEP, 03 OCT and/or 04 OCT.



We plan to have invitations and registration forms sent out to all Oregon-based military units and Oregon American Legion posts by early March. Participation in this event will be limited to active, guard, reserve, and ROTC military personnel and American Legion members, including Sons of the American Legion and Legion Auxiliary.

Why should you participate in an NFM? To test yourself against a 111 year old military ruck marching standard. If you successfully complete the event, you will be authorized to wear the Norwegian Foot March badge, which is recognized by the US Army as a foreign military badge that can be worn on the Army service uniform. Soldiers are allowed to wear just one foreign military badge. The first successful completion of an NFM earns the bronze badge, the second a silver badge, and a fifth a gold badge. Badges are available in $\frac{3}{4}$ " and $1\frac{1}{2}$ " sizes. Both civilians and military personnel can earn the badge.



Commander

Commander of Post #32: Mike Flint

Event OIC: MAJ Eric Haan eric.b.haan.mil@army.mil

Summary of Norwegian Foot March Rules

- Military participants must wear their service's combat uniform and boots for the entire duration of the march. Modifications to uniform standards are allowed so long as they adhere to a service's applicable regulations (e.g. wear of a combat shirt or Merrell boots) and at the organizer's and local commanders' discretion. Headgear is not required for the march. For the morning group picture, please wear patrol caps and blouse. After that, boonie covers and combat shirts are acceptable.
- Civilian participants must wear clothing similar to a military combat uniform (including long pants and boots) with a total weight equal to 1.5 kilograms / 3.3 pounds. Khaki colored trousers and a navy blue shirts are recommended.
- Military personnel must complete the foot march using an issued or military-style rucksack weighing a minimum of 11 KG (24.3 pounds) without water. Rucksacks shall be weighed prior to and upon conclusion of the march. Civilians are not required to use a military-issued rucksack and may use a civilian hiking backpack.
- For each participant, the graders shall verify the personal information and maximum time allowed based on age and gender, record each participants starting rucksack weight, and record completion time and ending rucksack weight on the official roster. Participants will then verify the information and initial next it.
- Complete the 30km (18.6 miles) course under the time requirement set by the age and gender for each participant. If that time is 4 hours 30 minutes, then any time equal to or over 4:30:00 does not qualify.
- The event will be scheduled for a day when temperatures are forecast to be between -15°C and 25°C (5F and 77F). If the weather is forecast to be hotter than 77F, the event will be postponed, perhaps a week or more. Watch the website for updates.
- See the [Guidelines For Conducting The Norwegian Foot March](#) manual for more details.

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

Additional NFM Event Details

Additional instructions on how to park at Lakeside Park and the dam field will be added later. Carpooling to the event is encouraged to help with parking. We will be able to accommodate large vans and maybe even buses in the NE parking lot.



The Command Post and Start/Finish Line will be in the middle of Lakeside Park.



At three points on this 15km long section of Weyerhaeuser Road, it intersects with the publicly owned London Road. At each intersection, we will have a crossing guard with a reflective vest and stop sign, a volunteer to hand out water and sports drinks to participants, and a tandem, trailer-mounted porta-pottie. The latter will start the morning at the command post to augment the pit toilets.



The following is a tentative schedule. This will be updated closer to the time of the event.

Time	Activity
0530	Open parking area gates, begin set-up of Command Post, manage parking.
0545	NFM participants begin check in at Command Post. Verify participants' information, weigh and record rucksack weights, assign tracking numbers.
0645	Safety brief and group picture.
0700	Begin NFM (sunrise is at 0704).
1300	NFM ends. Make sure all participants are accounted and begin packing up equipment. We recommend units and posts wait for all their members to complete the event, take a picture of their completed time sheet, and take a group picture before heading home.
1330	Clean the pit toilets, pack up, send everyone home, and lock gates and pit toilets.

Military units and Legion posts are welcome to bring their guidons, hang unit flags and banners between trees at the command post, and bring volunteers to help out.

After The NFM

After the NFM, a scanned copy of each unit's time sheet from the event, a completed copy of the time sheet (see the following spreadsheet picture), template NFM certificate(s), and template DA Form 4187 will be sent to the team leader and CO of each participating unit and post.

OR Army Reserve. Return to SGT Ada Lovelace (ada.m.lovelace.mil@...)						
Unit Name: 364th Civil Affairs BDE HHC, Clackamas, OR						
Unit OIC: Major Alan Turing (alan.s.turing.mil@...)						
	Rank	Last Name	First Name	Start Time	15km Turn-Around Time	End Time
1	CPT	Cray	Seymour	0700	0915	1130
	Sex: M Age: 34	Time: 4h 30m Prior NFMs: 0	Start/Finish Ruck Weight:	26kg	26kg	4:30:15
2	MSG	Hopper	Grace	0700	0945	1231
	Sex: F Age: 52	Time: 5h 40m Prior NFMs: 2	Start/Finish Ruck Weight:	25kg	25kg	5:31:37
3	PFC	Torvalds	Linus	0700	0900	1058
	Sex: M Age: 19	Time: 4h 35m Prior NFMs: 0	Start/Finish Ruck Weight:	26kg	26kg	3:58:20
Team Leader: MSG Grace Hopper. grace.b.hopper.mil@... 541-000-0000						
Number of team members interested in camping out in Cottage Grove the night before: 2						

Participants will be responsible for printing their NFM certificates and buying their own NFM badges. The following recommendations were provided by the Norwegian Embassy.

Large Badges:

<https://thenordmarket.etsy.com>
<https://nordmarket.bigcartel.com/>

Small Badges:

<https://www.vanguardmil.com/>
<https://www.awardworldtrophies.com/>
<https://www.rangerjoes.com/>