

Commander
2 Canadian Mechanized
Brigade Group



Commandant
2e Groupe-brigade
mécanisé du Canada

P.O. Box 9999, Station Main
Petawawa, ON K8H 2X3

4500-1 (2 RCHA S3)

20 July 2023

Distribution List

INVITATION LETTER
EXERCISE IRON WARRIOR 2023

1. Although I know that our staffs have been sharing the needed information for your members to participate in EXERCISE IRON WARRIOR 2023, I wanted to formally extend an invitation and pass on some race details to both you and any members of your unit that wish to participate in this year's race.
2. As you will see in the enclosure, this year marks the 40th anniversary of this annual tradition of providing soldiers an opportunity to push their mental and physical limits with 2 CMBG at Garrison Petawawa. Like last year, IRON WARRIOR 2023 will occur over a two-day period and include two different route length options: a marathon distance (42 km) on 25 August 2023 and the sprint distance (21 km) on 26 August 2023. On both days, participants will be asked to complete a ruck march, canoe portage, canoe paddle, and a final ruck march to cross the finish line. The only thing that changes between each day is the route / distance. In addition, for those that will be attending the sprint, please note that Garrison Petawawa will be hosting a Family Day that Saturday morning at the finish line.
3. To help, please find enclosed a race package that highlights the rules, routes, and a guide on how to register. Participant registrations are requested by 14 August 2023. Of note and to ensure there is no confusion, all arrangements and costs for transportation, rations, and quarters are the responsibility of the participants home unit. Finally, as external participant participation is contingent on canoe availability, detailed joining instructions and confirmation of race spots will be provided closer to the race dates, once canoe numbers are confirmed. Note that if external participants arrive with their own canoe, they will be guaranteed a spot. If you or your staff have any questions, please direct them to the IRON WARRIOR 2023 Lead Planner, Captain Kyle Thompson. They can be reached at 613-687-5511 ext. 5171 or kyle.thompson3@forces.gc.ca.

J.A. MacKeen
Colonel
Commander, 2 CMBG

Enclosure: 1

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Distribution List

Internal (2 CMBG)

2 CMBG HQ//COS/G1/G2/G3/G4/G5/G6/G8/DJA/CHAP/PAO/SURG/Btl Adj/G3 Avn
1 RCR//CO/DCO/RSM/Ops O/
2 RCR//CO/DCO/RSM/Ops O/
3 RCR//CO/DCO/RSM/Ops O/
RCD//CO/DCO/RSM/Ops O/
2 RCHA//CO/DCO/RSM/Ops O/
2 CER//CO/DCO/RSM/Ops O/
2 Svc Bn//CO/DCO/RSM/Ops O/
2 Sig Sqn//CO/DCO/RSM/Ops O/
2 MP PI//PI Comd/2IC
2 Fd Amb// CO/DCO/RSM/Ops O/

Internal (4 Cdn Div)

4 Cdn Div//Comd/DComd/COS/G3//
4 Cdn Div HQ//CO/Ops
4 CDSG//Comd/ DComd/CO Ops Srvc//
31 CBG//Comd/COS/G3//
32 CBG//Comd/COS/G3//
33 CBG//Comd/COS/G3//
3 CRPG//CO/RSM//
4 CDTC//CO/RSM//
2 MP Regt//CO/RSM//
CFB Kingston//Comd/COS/G3//

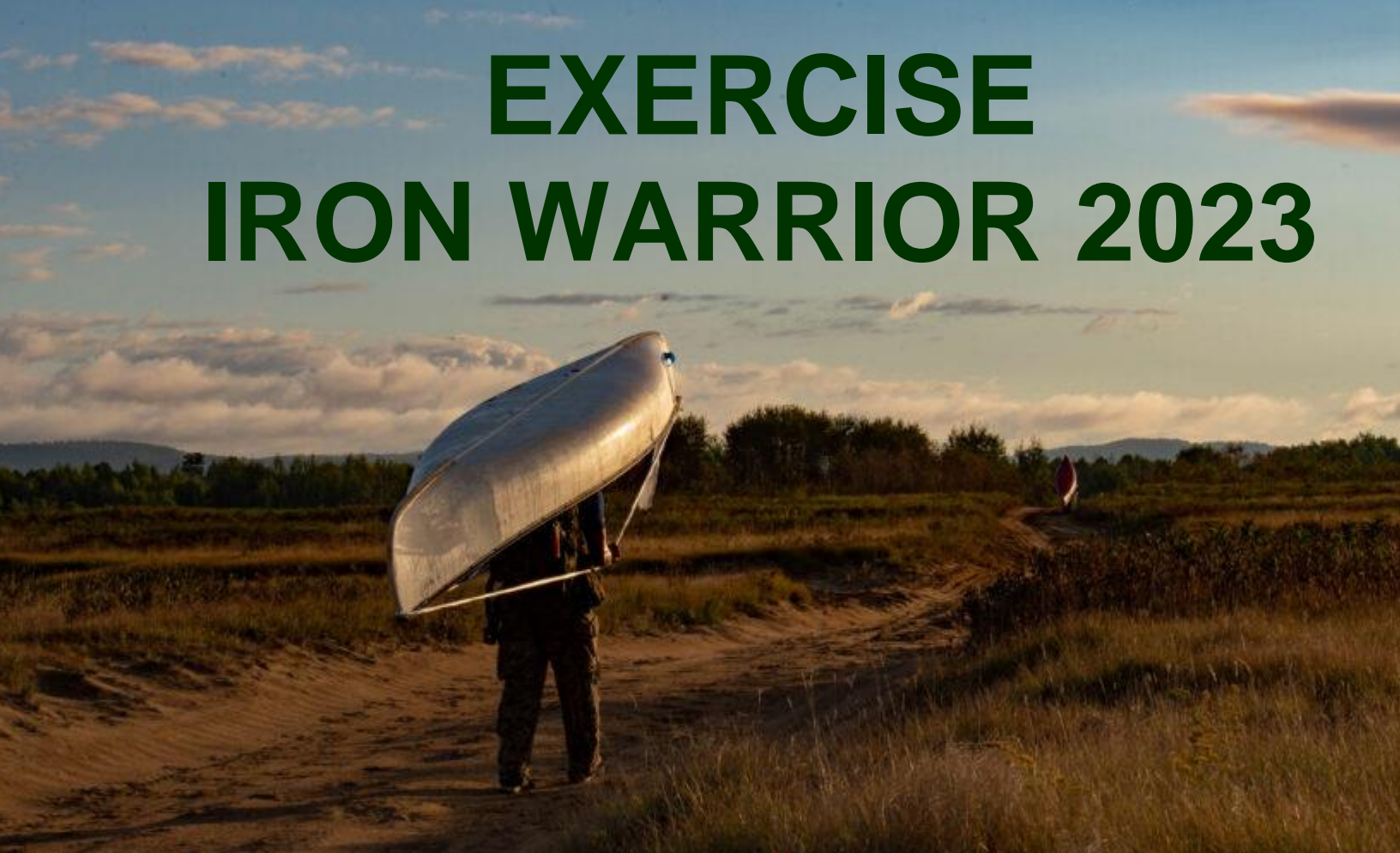
External (Base Kingston & Petawawa)

RMCC//Commandant/DCdts//
6 CCSB//Comd/COS/G3
21 EW//CO/RSM//Ops O
CSOR//CO/RSM/Ops O
CSOTC//CO/RSM/Ops O
427 SOA//CO/RSM/Ops O
450 THS//CO/RSM/Ops O
1 Cdn Fd Hosp//CO/RSM/Ops O



2 CANADIAN MECHANIZED BRIGADE GROUP

EXERCISE IRON WARRIOR 2023



RACE BOOKLET

RACE BOOKLET

EXERCISE IRON WARRIOR 2023

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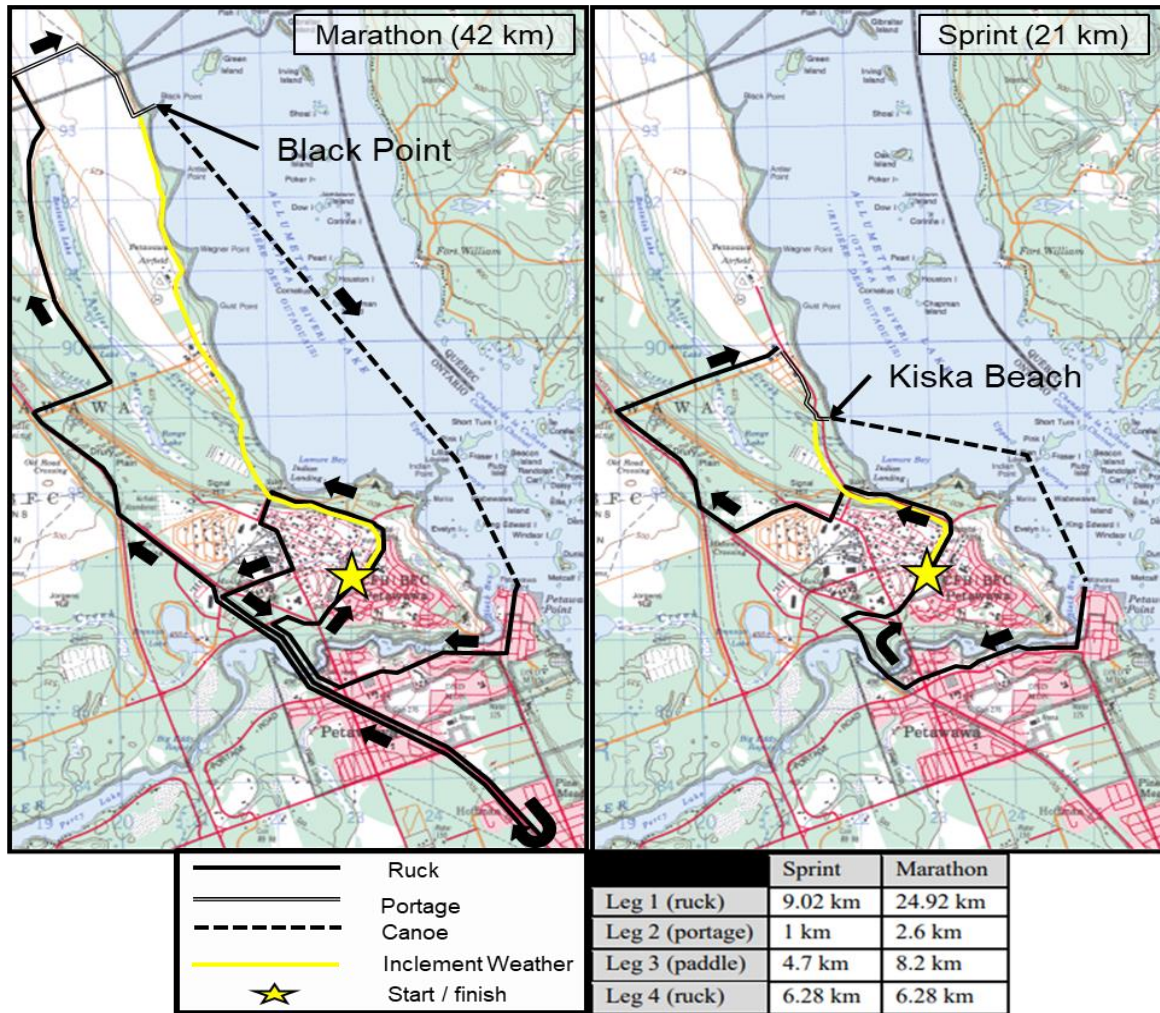
RACE BOOKLET

EXERCISE IRON WARRIOR 2023

GENERAL

EXERCISE IRON WARRIOR 2023 (IW23) marks the 40th Anniversary of this annual tradition and provides our soldiers with an opportunity to push their mental and physical limits with 2 CMBG at Garrison PETAWAWA. Like last year, IRON WARRIOR 2023 will occur over a two-day period and include two different route length options: a marathon distance (42 km) on 25 August 2023 and the sprint distance (21 km) on 26 August 2023. On both days, participants will be asked to complete a ruck march, canoe portage, canoe paddle, and a final ruck march to cross the finish line. The only thing that changes between each day is the route / distance.

ROUTES & DISTANCES



KEY LOCATIONS

- Start/Finish Line: Dundonald Hall (DDH);
- Canoe Rigging Locations:
 - Marathon: PTT Tower; and
 - Sprint: Intersection of Passchendale and Brindle Roads (Grid 18T UR 213 899);
- Canoe Start Points:
 - Marathon: Black Point; and
 - Sprint: Kiska Beach;
- Canoe Finish Point: Petawawa Point.
- Awards Ceremony: Dundonald Hall.
- Safety and Nutrition Briefs: Base Theatre.

KEY TIMINGS

MARATHON (25 AUGUST 2023)	SPRINT (26 AUGUST 2023)
<ul style="list-style-type: none"> • NLT COB 21 Aug – External Participants Confirmed by Event OPI; • 22 1100 Aug – Participant Safety and Nutrition Briefs; • 24 1100-1600 Aug – Marathon canoe rigging; • 25 0200-0345 Aug – Reception & weigh-in; • 25 0350 Aug – Comd address; • 25 0400 Aug – Marathon event starts; • 25 1200 Aug – Canoe cut-off ***; and • 26 1100 Aug – Awards ceremony. <p><i>*** Participants who fail to complete the portage by the Canoe cut-off time will be stopped and transported back to the start/finish line.</i></p>	<ul style="list-style-type: none"> • NLT COB 21 Aug – External Participants Confirmed by Event OPI; • 22 1100 Aug – Participant Safety and Nutrition Briefs; • 25 1100-1600 Aug – Sprint canoe rigging; • 26 0500-0645 Aug – Reception & weigh-in; • 26 0650 Aug – Comd address; • 26 0700 Aug – Sprint event starts; • 26 1100 Aug – Awards ceremony; and • 26 1300 Aug – Sprint cut-off time***. <p><i>*** Participants who fail to complete the portage by the Sprint cut-off time will be stopped and transported back to the start/finish line.</i></p>

REGISTRATION

- Submissions. All registration will be done via an electronic team registration form which will be submitted by email to:
 - The PSP Fitness Coordinator, Jesse Cassista, at JESSE.CASSISTA@forces.gc.ca; and
 - Ex IW23 Lead Planner, Capt Kyle Thompson at Kyle.Thompson3@forces.gc.ca.
- Requested Information. Teams are asked to send a consolidated Excel Spreadsheet form with the following information:
 - Unit
 - Service Number
 - Rank
 - Surname
 - First name
 - Initials
 - Sex
 - DOB
 - Age
 - Emergency Contact Name & Number
 - Completed Pre-Training (Y/N)
 - MELs (Y/N)
 - Other (any pertinent information needed for member to safely conduct the race)
 - Providing own canoe (Y/N, *for external units only*)

Note: Units are to submit one form for all their competitors. Team scoring is captured in a subsequent section herein.

- Registration Deadline. **All units are to register NLT 14 August 2023.**
- Registration Fee. Participants are encouraged to donate the following amounts to the United Way Fund as part of their registration. All donations will be collected by unit OPIs for a consolidated submission **NLT 25 August 2023**.
 - **2 CMBG Participants: \$30**
 - **Non – 2 CMBG Participants: \$40**

PARTICIPATION

- Individuals. Participation is open to all military units and personnel within the 4 Cdn Div geographic area, including allied military personnel stationed here. Reservists must be afforded time to train and all expenses related to their attendance and pay are to be covered by their parent unit. Of note, all CAF members must have a current medical with no restrictions that would preclude participation and a current passing grade for the FORCE test.
- Unit/Team. All 2 CMBG units will participate in Ex IW23. Non-2 CMBG units are encouraged to participate, but all costs associated with participation will be funded by the parent unit. Non-2 CMBG units are required to coordinate transport, rations, quarters, and process any claims on behalf of their respective participants. All units must submit commitment to participate and projected participation in the form of electronic registration to the Ex IW23 OPI and PSP leads, as per the registration section.
- Team Composition. All competitors from any unit are considered part of the unit team. To be eligible for team awards, the minimum composition is as follows:
 - Major Units. *(all 2 CMBG Units - Less HQ & Sigs and 2 Fd Amb)*
 - 1 x Officer;
 - 1 x Senior NCO;
 - 3 x Privates – Master Corporals; and
 - 3 x other members, any rank.

Note 1: Each team must have at least 1x Male and 1x Female competitor (from any rank band) to qualify without penalty. Units without will be penalized in time (see scoring below).

Note 2: Defence Team members are authorized to participate as part of the team competition as one of the “other members, any rank” assuming applicable waivers have been submitted and approved.
 - Minor Units and Visiting Units. *(2 CMBG HQ & Sigs, 2 Fd Amb, and all external units)*
 - 1 x Officer or Senior NCO; and
 - 3 x other members, any rank.

Note 1: Each team must have at least 1x Male and 1x Female competitor (from any rank band) to qualify without penalty. Units without will be penalized in time (see scoring below).

Note 2: Defence Team members are authorized to participate as part of the team competition as one of the “other members, any rank” assuming applicable waivers have been submitted and approved.

- Team Scoring & Penalty Calculation.
 - In order to be eligible for a team award, a unit must have sufficient personnel finish the course without being disqualified or withdrawn, in accordance with the team composition restrictions captured above.
 - Unit team members do not need to be designated prior to the commencement of the competition. At the conclusion of Ex IW23, the race staff will identify team participants using the lowest individual times respecting the aforementioned rank bands and restrictions.
 - Times will be recorded as competitors cross the finish line, and the total average time of the identified team members will determine the unit placing and award.
 - Should a unit not meet the restrictions for team composition (gender or rank), their highest scoring persons score will be adjusted to the course average for that rank band. *(i.e., no Sr NCM = their highest scoring members score will be adjusted - in only the team scoring - to reflect the average of all competitors within the Sr NCM category)*



EXTERNAL PARTICIPATION LIMITATION (CANOE & COSTS)

- As external participant participation is contingent on canoe availability, detailed joining instructions and confirmation of race spots will be provided **NLT 21 August 2023**, once canoe numbers are confirmed.
- Note that if external participants arrive with their own canoe, they will be guaranteed a spot.
- Although already covered, to ensure there is no confusion, all arrangements and costs for transportation, rations, and quarters for external participants to 2 CMBG are the responsibility of the participants' home unit.

DRESS AND EQUIPMENT

- Unit/combat T-shirt and combat pants.
- Participants are authorized to wear the footwear of their choosing.
- Head dress, if worn, is the Field Cap or approved unit baseball cap.
- A numbered bib will be provided and worn so that it is always visible from the front.
- For the water phase, only canoe paddles are authorized. Although tapped canoe paddles to form a 'kayak style paddle' is authorized, the use of actual kayak paddles is not.
- Personal GPS and/or heart rate monitors are authorized. Where the GPS or HRM is integral to a smartphone or other PED, the device may not be connected to headsets or used to play music.
- Rucksacks must be issued from the CAF (new ruck/82 pattern/ jump ruck are all authorized).
- Water hydration systems are authorized to be carried on the inside of the rucksack or to be harnessed on the outside of the rucksack. **At the time of weigh-in, the water hydration system must be empty.**
- Competitors may add utility pouches to the rucksack waist belt for the purpose of carrying nutrition supplements or hydration bottles.
- Padding is authorized on any part of the rucksack that will have contact with the body.
- No weapons will be carried during the competition.
- For the safety of all competitors and to ensure safety staff can get the attention of any nearby competitor in the event of a medical or safety situation, the **use of portable music devices is prohibited.**

RUCKSACK WEIGHT CLASSES & INSPECTIONS

- Rucksack Weight Classes. Load carriage weight for rucksacks is determined by approximate percentage of bodyweight based on the three weight classes. Consumables such as food, water, and accessories such as headphones are all permitted but not counted as part of pack weight. The weight classes are:
 - <175 lbs body weight: 25 lbs rucksack weight;
 - 176-219 lbs body weight: 30 lbs rucksack weight; and
 - >220 lbs body weight: 35 lbs rucksack weight.
- Rucksack Carriage. Competitors are required to carry a rucksack through all on-land legs of the race, and to transport the rucksack in the canoe for the one on-water leg.
- Pre-Competition Inspection. Rucksacks will be inspected and weighed at the start/finish line as per timings. All competitors are asked to bring additional weight to the weigh-in to ensure the weight requirement is achieved. Following the inspection and weighing, assuming minimum weight is achieved for the competitors' weight class, their name and number will be recorded and the rucksacks will be quarantined at the start line.
- Post-Competition Inspection. Rucksacks will be inspected and weighed at the finish line by race staff to ensure that at a minimum, the rucksack matches the pre-competition weight.

CANOES

- Competitors will be assigned a canoe, one life jacket, two paddles and a bailing can.
- All of this equipment is mandatory and must be carried by competitors throughout the portage and paddling portions of the race.
- Competitors will prepare and number their canoe at the rigging timing. On race day, they will link-up with the canoe at the portage transition point.
- Canoes will not be permanently altered nor will any markings beyond competitor number be added to the canoe.
- External units and individuals may supply their own canoes without impacting their units canoe allocation pending they meet the following specifications:
 - Kevlar;
 - Tandem canoe; and
 - 45-50lbs (before rigging).

CONDUCT OF THE COMPETITION

- Report-in Details & Pre-Inspection. All Ex IW23 competitors will report to the race HQ, not later than H-1, for pre-event warm-up, rucksack weigh-in, and the opening ceremonies.
- Nutrition and Hydration. Food and hydration stations will be established at regular intervals on the route. Nutritional items such as electrolyte and recovery beverages will be provided. Participants are authorized to carry their own snacks.
- Canoeing Leg:
 - Competitors must ensure that their rucksacks are secured to the canoe before entering the water.
 - Life jackets must be worn by competitors at all times while on the water.
 - No artificial means are allowed to propel the canoe in the water other than the competitor's paddles.
 - In the unlikely event a competitor capsizes their canoe competitors should attempt to re-enter their canoe. Should competitors be unable to re-enter, they will remain with their canoes and await assistance from safety staff. Competitors will not be disqualified for receiving assistance in re-entering their canoe.
 - Water Safety Teams will take necessary action when the competitor's safety is concerned.
 - Competitors will turn in their canoes, paddles, life jackets, and bailing can at the water exit point, where a quick stores check will be done to report any losses.
 - ***Daylight Criteria*** - to mitigate water safety concerns, no competitor will be authorized to conduct the canoe portion of the race in the dark. Any individual arriving at the canoe insertion point prior to sunrise will be held until first light. Given the distances between the start line and estimated first light, it is not anticipated that any competitor will be held. Should that occur the held time will be subtracted from the members total.
- Inclement Weather. Should inclement weather restrict water access, participants will follow the inclement weather route by eliminating Leg 3 and altering the length of Leg 4. The authority to restrict water access is with the event OPI, informed by Water Safety OPI.
- Final Inspection. At the finish line, each competitors' rucksacks will be inspected and weighed for the proper weight.

- Disqualification. Any of the following actions shall result in disqualification:
 - Finishing with a rucksack weighing less than the pre-competition weigh-in;
 - Failure to wear the life jacket during any part of the canoeing portion of the race;
 - Receiving any assistance on the course from anyone other than Ex IW23 officials;
 - Deviating from the official route;
 - Use of portable music devices;
 - Finishing in improper dress or missing items of kit; and/or
 - Competitors are observed throwing waste into the OTTAWA RIVER.

- Voluntary Withdrawal. Competitors who wish to withdraw during the event must notify a member of the support staff, who will coordinate turn-in of the stores and arrange transportation to the finish line. A competitor who wishes to withdraw while on the water can signal distress by waving their paddle over their head. Water Safety Teams will recover the individual and equipment and transport them to shore where they will be moved to the finish line by race officials/support staff.

- Medical Withdrawal. Competitors who appear to be suffering from severe medical conditions, particularly heat stress, may be pulled aside or withdrawn by the medical staff. 2 Fd Amb qualified med techs have the authority on this matter. Medical withdrawal will be used as a last resort. The Jury of Appeal will not entertain appeals based upon medical withdrawal.

- Jury of Appeal. Any protest of official results or decisions must be lodged with IW Ops Centre prior to the commencement of the awards ceremony. The decision rendered by the Jury of Appeal shall be final. Should a member of the Jury be a competitor of the race being disputed, an appropriate replacement shall fill that position. For example, if the Chairperson is a competitor of the race in question, COS 2 CMBG or the Unit Event OPI Commanding Officer will fill that role. The Jury of Appeal shall be comprised of the following:
 - Chairperson: Comd 2 CMBG (if not still on the course);
 - Co-Chairperson: Unit Event OPI Commanding Officer;
 - Member: The Bde SM
 - Member: Unit Event OPI RSM;
 - Member: Unit Event OPI DCO; and
 - Member: Non-2 CMBG affiliated member (preferably PSP Coord or Leader from 4 CDSG).

- Environment. The following requirements will be adhered:
 - Competitors must deposit their trash in the garbage receptacles provided, co-located at each water point and at canoe entry/exit points;
 - Only existing public or portable toilets will be used for urination and defecation;
 - Wildlife in the base and river shall not be disturbed; and
 - Competitors shall remain in their canoes and not deliberately enter the river.
- Safety. Competitors must exercise diligence to ensure their own safety and the safety of the civilian population. Competitors shall not impede civilian vehicular or pedestrian traffic and must adhere to direction given by the military police and the Ex IW23 control staff.
- Medical Plan. A first aid point will be established at the start/finish line, and ambulances with medics will be strategically placed throughout the route to provide rapid casualty care. Participants who become injured are to stop, identify themselves as injured to a fellow competitor and provide self-care. Should a participant see an injury, they are to continue to the next ambulance and direct medics to the point of injury (POI). Ambulances will then be dispatched to the POI to provide medical support.

AWARDS & CLOSING CEREMONIES

- Timings/Location. The official closing ceremonies will commence at approx. 1100 hrs, 26 August 2023 in close proximity to the finish line at Dundonald Hall.
- Order of Presentation. Competitors will be called up by their name, rank, and finishing time. The winners will remain up front and will be given their respective awards.
- Individual Trophies. Ex IW23 individual trophies will be presented to recognize individual excellence. Individual trophies will be awarded to the individual, within each respective category, who achieves the fastest time. The name of the individual competitor will be engraved on the trophy. Individual trophies will be recovered for future Ex IW23 competitions. The following individual Ex IW23 trophies will be presented:
 - Top 3 male competitors in the marathon race;
 - Top 3 male competitors in the sprint race;
 - Top 3 female competitors in the marathon race;
 - Top 3 female competitors in the sprint race;
 - Top 2 male master (over 40) competitors in the marathon race;
 - Top 2 male master (over 40) competitors in the sprint race;
 - Top 2 female master (over 40) competitors in the marathon race; and
 - Top 2 female master (over 40) competitors in the sprint race.

- Team Trophies. Ex IW23 team trophies will be presented to recognize collective excellence. Team trophies will be awarded based upon the average time of the mandated team members. Team trophies will be recovered for future Ex IW23 competitions. The following team Ex IW23 trophies will be presented:
 - Top 2 CMBG major unit; and
 - Top minor / external unit.
- Team Pennants. Ex IW23 team pennants will be presented to recognize collective excellence. Team pennants will be awarded based upon the average time of the mandated team members. Team pennants will not be recovered for future Ex IW23 competitions. The following team Ex IW23 pennants will be presented:
 - Top 2 CMBG major unit; and
 - Top minor unit.
- IRON WARRIOR Medallion/Coin. An Ex IW23 medallion will be presented to all competitors who complete the competition. Ex IW23 medallions will not be recovered for future Ex IW23 competitions.
- Missed Presentation. Should a competitor that earned an award not be present on 26 August for the ceremony, the Event OPI or their staff will ensure it is mailed to the members unit.

IRON WARRIOR 2023 - POINTS OF CONTACT

- Event OPI. CO 2 RCHA, LCol Justin Flanders, CSN 677-6180, Justin.Flanders@forces.gc.ca.
- Lead Planner. Ops O 2 RCHA, Capt Kyle Thompson, CSN 677-5171, Kyle.Thompson3@forces.gc.ca.
- PSP Fitness Coordinator. Jesse Cassista, CSN 677-7129, Jesse.Cassista@forces.gc.ca.
- PSP Health Promotions. Denver Hilland, CSN 677-4566, Denver.Hilland@forces.gc.ca.