



# NROF Virtual March

## May-June 2026

### History

The virtual NROF march was instituted in 2022 and can be conducted as an individual virtual march during May and June and is administered by the NROF Secretariat.

### Conducting the Virtual March

#### Time

The NROF Virtual March is conducted individually between **May 1<sup>st</sup> and June 30<sup>th</sup>** and are recorded digitally.

#### Location

The march is conducted locally and may be completed anywhere.

#### Distance

Participants may choose between 60 km or 100 km.

The total distance does not need to be completed on consecutive days.

However:

- At least one stage must be a minimum of 20 km
- No stage may be shorter than 10 km

There are no requirements regarding terrain or route, as long as the required distance is completed.

#### Attire

The march is conducted in civilian leisure attire or in uniform for military personnel.

#### Registration

After completing the march, registration must be sent by email to [marsj@nrof.no](mailto:marsj@nrof.no) and include:

- Name
- Mobile phone number
- Email address
- Distance completed (60 km or 100 km).

Participants who wish to purchase the medal or badge must also include their **full postal address**.

Registration must be submitted **no later than July 2<sup>nd</sup>, 2026**.

Participation and registration are **free of charge**, and the march is open to everyone.

#### Results

After registration has been received from the individual participant, this will be registered by NROF secretariat. After 30<sup>th</sup> of June, an alphabetical overview of those who have completed the various classes will be posted on NROF's website.

There is no requirement for GPS registration or equivalent, but NROF appreciates that those who can register the trail / distance send in a screenshot of this, preferably together with a photo from the activity.

We appreciate it if you would like to share photos and stories from your march with us by email at [marsj@nrof.no](mailto:marsj@nrof.no). Photos and text may be used in NROF's promotion on social media and in our magazine Pro Patria.

### **Award**

Participants who want proof of completion can purchase an NROF March Medal. The following year it will be possible to purchase additional badges that are affixed to the medal ribbon.

The medal will be available for purchase for 15 EURO, and the "2-, 3- 4- and 5 year badge" can be purchased for 5 EURO, after registered completion of the march.

The wish for a medal/badge is stated in connection with the registration of the completed march. Copy of confirmed payment must be sent to NROF together with the registration of completed march.

### **Payment details**

BIC (Swift): DNBANOKKXXX

IBAN: NO3350330509241

Please mark the payment with the **name of the participant**.

