



2 CANADIAN MECHANIZED BRIGADE GROUP

EXERCISE IRON WARRIOR 2026



2 CMBG RACE BOOKLET

RACE BOOKLET EXERCISE IRON WARRIOR 2026

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RACE BOOKLET EXERCISE IRON WARRIOR 2026

GENERAL

EXERCISE IRON WARRIOR 2026 (IW 26) marks the 43rd year of this annual tradition and provides our soldiers with an opportunity to push their mental and physical limits with 2 CMBG at Garrison PETAWAWA. The individual and pairs marathon (42 km) will take place on 28 August 2026 and the individual and section sprint (21 km) event will occur on 29 August 2026. Participants will be challenged with completing a ruck march, canoe portage, canoe paddle, and a final ruck march to cross the finish line.

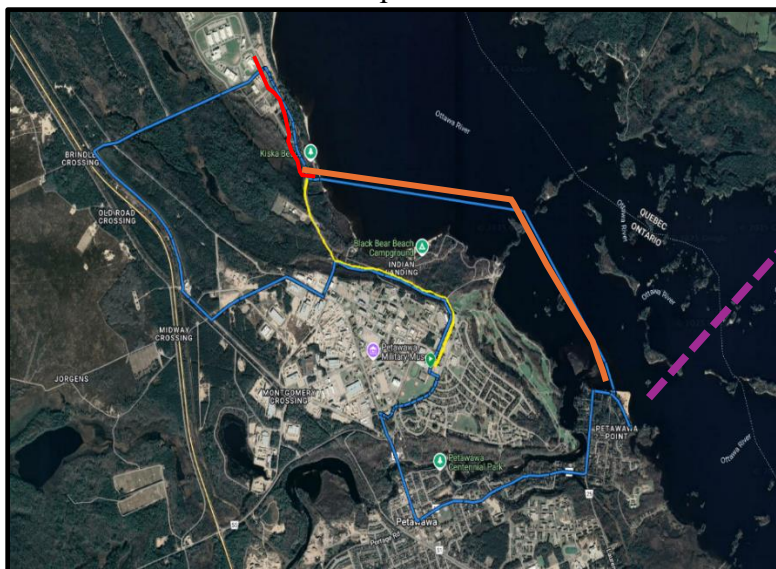
ROUTES & DISTANCES

Marathon



—	Ruck
—	Portage
—	Canoe
—	Weather Route
★	Start / Finish

Sprint



	Sprint	Marathon
Leg 1 Ruck	9.02km	24.92km
Leg 2 (Portage)	1km	2.6km
Leg 3 (Paddle)	4.7km	8.2km
Leg 4 (Ruck)	6.18km	6.18km
Total	21km	42km

KEY LOCATIONS

- Start/Finish Line: Dundonald Hall (DDH) Grid Reference (GR) 18T UR 2315 9684.
- Canoe Rigging Locations:
 - Marathon: PTT Tower GR 18T UR 1880 9398; and
 - Sprint: Intersection of Passchendaele and Brindle Roads (GR 18T UR 213 899)
- Canoe Start Points:
 - Marathon: Black Point IVO GR 18T UR 2058 9323; and
 - Sprint: Kiska Beach IVO GR 18T UR 2177 8897.
- Canoe Finish Point For Both Events: Petawawa Point IVO GR 18T UR 2531 8654.
- Awards Ceremony: Dundonald Hall GR 18T UR 2315 9684.
- Safety and Nutrition Briefs: Troyes Cinema (Base Theatre) GR 18T UR 2324 8683.

KEY TIMINGS

- 26 Aug 26 – Mandatory Participant Safety and Nutrition Briefs at base theater;
- 27 1300-1700 Aug 26 – Marathon Canoe rigging at PTT Tower. Canoe rigging followed immediately by Ruck weigh-in and quarantine at DDH;
- 28 0550 Aug 26 - Commander's address at DDH;
- 28 0600 Aug 26 – Marathon Race Start (Mass);
- 28 1200 Aug 26 – Marathon canoe cut-off (in water)*;
- 28 1530 Aug 26 – Marathon canoe cut-off (out of water)*;
- 28 1300-1700 Aug 26 – Sprint Canoe Rigging at Passchendaele & Brindle. Canoe rigging followed immediately by Ruck weigh-in and quarantine at DDH;
- 29 0550 Aug 26 – Commander's address at DDH;
- 29 0600 Aug 26 – Sprint Race Start (Mass);
- 29 0830 Aug 26 – Sprint Canoe cut-off (in water)*;
- 29 0930 Aug 26 – Spring Canoe cut-off (out of water)*;
- 29 1100 Aug 26 – Awards Ceremony at DDH; and
- 29 NLT 1500 Aug 26 – Tear Down Complete & Dismissal of Staff.

* If participant fails to reach the canoe put-in or arrive at the end point by either of these times they will be stopped and transported back to DDH.

REGISTRATION

- **Submissions.** All registration will be done via an [electronic team registration form](#) which will be submitted by email to their respective unit OPIs or unit Team Captains. Unit OPIs/ Team Captains will vet and collate registrants into a single unit-level registration form and send to the following:
 - PSP Fitness Coordinator, Mr Jesse Cassista at Jesse.Cassista@forces.gc.ca.
 - Ex IW 26 OPI, Maj Eric Simmons at Eric.Simmons@forces.gc.ca.
- **Requested Information.** Unit OPIs/ Team Captains are asked to send a consolidated Excel Spreadsheet form to the above POCs with the following information for each participant:
 - Unit
 - Service Number
 - Rank
 - Surname
 - First name
 - Initials
 - Sex
 - DOB
 - Age
 - Emergency Contact Name & Number
 - Completed Pre-Training (Y/N)
 - MELs (Y/N)

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

- **Registration Deadline. Initial registration deadline for all 2 CMBG/ Gn Petawawa Lodger Unit is 12 Jun 26.** Following 12 Jun 26, any unfilled spots will be offered and redistributed to external invitees. **Final registration is 26 Jun 26.**

PARTICIPATION

- **Individuals.** Participation is open to all military units and personnel within the 4 CDSG Garison PETAWAWA geographic area, including allied military personnel from 1/11 BCT and 10th Mountain Division. 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 IW 26. Non-2 CMBG units are encouraged to participate, but all costs associated with participation will be funded by the parent unit. All units must submit commitment to participate and projected participation in the form of electronic registration to the Ex IW 26 OPI, as per the registration section.

- Team Composition. Ex IW 26 will not have team composition criteria encompassing rank and gender. Top finishers, irrespective of rank, age or gender will compose a unit's score.
- Physical Preparation. Early adoption and consistent adherence to training plans is key to avoiding injury from the conduct of this event. All Unit Teams are encouraged to reach out to PSP Health Promotion rep Mr Denver Hilland at Denver.hilland@forces.gc.ca to begin integrating health promotion strategies into their training plans. Additionally, PSP Lead Coordinator Mr Jesse Cassista has designed physical training plans that can be adopted by units. You can click on the following links for access to the [18-Week Marathon Training Plan](#) and the [16-Week Sprint Training Plan](#).
- Team Scoring & Penalty Calculation.
 - Major and Minor units will be scored on their top three performing teams for the marathon, and their top three participants for the sprint. If a marathon fire team encompasses members from two different units, their score will not be factored into the scoring for either unit.
 - To be eligible for a team award, a unit must have sufficient personnel finish the course without being disqualified or withdrawn.
 - Unit team members do not need to be designated prior to the commencement of the competition. At the conclusion of Ex IW 26, the PSP staff will identify team participants using the fastest three finishing times. There are no minimum team size requirements for invited allied nations.
 - Times will be recorded as competitors cross the finish line, and the total average time of the identified top three team members or fire teams will determine the unit placing and award.

MARATHON EVENT

- Conducted IAW diagram on Page 3 of the Race Booklet
- May be conducted individually or in pairs
- Each pair will rig and carry only one canoe and will complete both the portage and paddle in tandem with one canoe.
- The marathon event may be completed by all participants to include those from 2 CMBG units, 4 CDSB Petawawa lodger units, adjacent formations, and foreign military invitees.

SPRINT EVENT

- Conducted IAW diagram on Page 3 of the Race Booklet
- May be conducted individually or as a section-level relay
- The individual sprint may be completed by participants from 2 CMBG, 4 CDSB Petawawa lodger units, or adjacent formations.

- In order to ensure equal participation in both events and maximize canoe allocations, participants who signed up for the sprint event may be required to compete in the marathon.
- The section-level relay is a 2 CMBG-pure competition. All 2 CMBG units are required to field at least 1x section to compete in the section-level relay spring event.
- The section-level relay will see 2x pers from each section complete a single leg of the sprint, handing off to the subsequent pair for a total of 8 participants over the 4 legs of the race.

DRESS AND EQUIPMENT

- Unit PT or combat T-shirt and combat pants.
- Participants must carry their health insurance card such as Blue Cross card and/or provincial health card.
- 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 canoe paddles taped together 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.
- Rucksacks must be issued from the CAF (new ruck/82 pattern/ jump ruck are all authorized) or applicable allied armed forces.
- 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**. This refers specifically to devices that emit sound into the surrounding environment and may interfere with another competitor's ability to hear instructions or warnings. This does not include headphones or ear buds.

RUCKSACK WEIGHT CLASSES & INSPECTIONS

- Rucksack Weight Classes. Load carriage weight for rucksacks is determined by percentage of bodyweight (BW). Consumables such as food, water, and accessories such as headphones are all permitted but not counted as part of pack weight. The weight of each participants ruck sack will be determined by the following calculation and limitations:
 - .15 x BW; and
 - Minimum 20lbs, maximum 40lbs.
 - The ruck of someone who weighs 150lbs would be calculated as follows, $.15 \times 150\text{lbs} = 23\text{lbs}$ (rounded);
 - The ruck of someone who weighs 220lbs would be calculated as follows, $.15 \times 220\text{lbs} = 33\text{lbs}$; and
 - The ruck of someone who weighs 245lbs would be calculated as follows, $.15 \times 245\text{lbs} = 37\text{lbs}$.
- 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, weighed, and quarantined at DDH the day prior to the race the competitor is participating in. All competitors are asked to bring additional weight to the weigh-in to ensure the weight requirement is achieved. Following the inspection and weighing, their name and number will be recorded, and the rucksack will be quarantined within DDH.
- Post-Competition Inspection. Rucksacks will be inspected and weighed at the finish line by race staff to ensure that 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 the above 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, aided by GDs on location.

- Canoes will not be permanently altered nor will any markings beyond competitor number be added to the canoe. However, rented canoes will be marked with a coloured ribbon for easy identification.
- Canoes must meet the following specifications:
 - Kevlar;
 - Tandem canoe; and
 - 45-50lbs (before rigging).

CONDUCT OF THE COMPETITION

- Report-in Details & Pre-Inspection. All Ex IW 26 competitors must report to the race start line no later than H-1 for pre-event warm-up and the opening ceremonies. No participant will be allowed to commence the race more than 30 minutes after the starting gun.
- Nutrition and Hydration. Food and hydration stations will be established at regular intervals along 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 always be worn by competitors 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 of concern.
 - 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.

- 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 the Water Safety OPI.
- Final Inspection. At the finish line, each competitor's rucksack 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 IW 26 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 injuries, 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 the IW 26 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: Commanding Officer 3 RCR or COS 2 CMBG (if CO 3 RCR is racing);
 - 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 IW 26 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. 1100hrs on 29 August 2026 near 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 IW 26 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 IW competitions. The following individual Ex IW 26 trophies will be presented:

- Top 3 Male competitors in Sprint
 - Top 3 Female competitors in Sprint
 - Top Section in Sprint
 - Top Master Male in Sprint
 - Top Master Female in Sprint
 - Top 3 Marathon Teams
 - Top Mixed Team Marathon
 - Top Female Team Marathon
 - Top Masters Team Marathon
 - Top Master Female in Marathon
 - Top Master Male in Marathon
- Team Trophies. Ex IW 26 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 IW competitions. The following team Ex IW 26 trophies will be presented:
 - Top 2 CMBG major unit; and
 - Top minor / external unit.
 - Team Pennants. Ex IW 26 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 IW competitions. The following team Ex IW 26 pennants will be presented:
 - Top 2 CMBG major unit; and
 - Top minor unit.
 - IRON WARRIOR Coin. An Ex IW 26 Coin will be presented to all competitors who complete the competition. Ex IW 26 coins will not be recovered for future Ex IW competitions.
 - Missed Presentation. Should a competitor that earned an award not be present on 29 August 2026 for the ceremony, the Event OPI or their staff will ensure it is mailed to the members unit. Team Captains/ Unit OPIs are to coordinate directly with the Event OPI should anyone be identified as not having received their award.

IRON WARRIOR 2026 - POINTS OF CONTACT

- Event OPI. OC Q Coy, 3 RCR, Maj Eric Simmons, 416-844-6836, Eric.Simmons@forces.gc.ca.
- Event OPI 2IC. CSM Q Coy, 3 RCR, MWO Craig Lepack, CSN 677-5178, Craig.Lepack@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.