

EVENT 6: 2 MILE RUN (2MR)**Figure 8: 2 Mile Run (2MR)**

2 Mile Run (2MR) is a test of aerobic endurance. It applies to common Soldier tasks such as dismounted movement, ruck marching, and infiltration. It can be completed on an indoor or outdoor track, or an improved surface such as a road or sidewalk. The 2MR cannot be tested on unimproved terrain. There is a programmed 5-minute rest between the LTK and the 2MR. The rest period begins when the last Soldier in the group completes the LTK. The start and finish line will be near the same location as the test site for the other 5 test events. Out-and-back or lap track courses are authorized. Separate 2MR graders are authorized. When using separate graders, the OIC or NCOIC is responsible for the orderly transfer of the scorecards from the lane graders to the 2MR graders.

- Grader Tips.
 - The OIC/NCOIC will ensure the 2MR course is measured to standard for distance and elevation and is clear from obstructions and debris.
 - An additional set of 2MR graders will increase throughput and reduce overall testing time. When a group of Soldiers completes the Leg Tuck, the NCOIC will facilitate the transfer of Soldiers and scorecards to the 2MR NCOIC. The 2MR NCOIC will ensure Soldiers receive a minimum of 5 minutes between the end of the LTK and the beginning the 2MR.
 - An out and back 2MR course may reduce number of 2MR graders required to effectively monitor large groups of Soldiers.