Firefighter Combat Challenge

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It's a competition that requires hours in the gym, miles on the track and might just be the "toughest two minutes in sports."

Thousands of firefighters from across the country and around the world compete in The Firefighter Combat Challenge every year.

Friday, it made a stop in Altoona.

Scott Jungck sums up the competition in four words: "Pure pain and misery."

And it's not hard to see why.

"They start at the base of a five story tower and put a 43 pound hose pack on their shoulders, then run to the top of the tower. Then, they hoist another 43 pound coiled hose up. Then, they run down the tower, jump on a sled and move it five feet with a nine pound sledge hammer. After that, they grab a charged hose, drag it 75 feet, and shoot down a target. And then, they run over and grab Rescue Randy, a 175 pound mannequin, and drag him across the finish line," says Competition Emcee Rex Nimrod.

Do all that in one minute, 50 seconds, and the crowd goes wild, while the competitors....

"I'm just trying to recover."

Struggle to catch their breath—at least for a couple minutes.

"Once you get done and the blood comes back to your brain and you can think again, you want to do it again," says Combat Competitor Scott Jungck.

Because, for these athletes, this is no game. It's usually a matter of life or death.

"It's a way men and women can showcase the skills that they use almost every day," says Nimrod. "We call it a competition with a purpose. They're stars among heroes."

"If this happens for real and there's a real person trapped, this is what we train for," says Jungck. "This is awesome!"

With a time of just over two minutes, Scott has just one regret, before heading back to Rapid City, South Dakota.

"Mine is probably going to be the slowest time. Now, I have to spend seven hours in a car with a guy I beat every time before, it's going to be a long ride home."

The competition continues on Saturday (6/9). The team and tandem trials start at 10 a.m. and will probably run until noon.
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