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**Subject:** **Combat Challenge News Update - April 17, 2015**  
**Date:** April 17, 2015 3:15:13 PM EDT  
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The Latest News From the Scott Firefighter Combat Challenge

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## HOSE PACK UPDATE

In his blog, Dr. Davis explains where we are with the hose pack situation. [Read more about it here.](#)

## LET'S HELP MIKE DIEHL

Firefighter, EMT, and Challenge competitor Mike Diehl, of Franklin, Ohio, was injured on the job in an accident on March 21, where his arm was pinned and crushed between a fire truck and a wall. Over the past few weeks he has undergone several surgeries to graft skin and replace veins in hopes of regaining mobility in his arm, but things are entering into a critical junction where the possibility of recovery, or amputation are the options on the table. We would like to encourage our Challenge family to include Mike and his family in their thoughts and prayers. For more information about Mike's condition, to participate in the fundraiser gun raffle, or to see how you can donate, please [visit his update page on Facebook here.](#)

## WCXXIV READY

As we get ready for World Challenge XXIV, in Montgomery, Alabama, Dr. Paul explains what we're doing to get you all the information you need, as far in advance of the event as possible. We're also rolling out a new distribution for flags and World Challenge competitor shirts. [Read all about it here.](#)

## SHOW US YOUR FLAGS!

We've had a great response to our request for photos of your flag collections, but we'd like to get some more! Keep them coming! Where is yours hanging? In your station? As motivation in your at-home-gym? In your garage? Take a photo, and submit them to [contact@ontargetchallenge.com](mailto:contact@ontargetchallenge.com). Entries will be put into a raffle, and we will pick one to claim a surprise prize package from the Challenge. We can't wait to see more of your pictures!



During the weekend at FDIC, Globe is going to be out on the course with their new Wearable Advanced Sensor Platform (WASP) technology. This new technology provides a tool for incident commanders to track the location of team members to improve situational awareness and potentially shorten the time needed for a RIT team to rescue a downed firefighter. For more about this revolutionary technology, [check out their website](#), and be sure to check it out when they run the Challenge course during FDIC.

## SUDDEN DEATH & FITNESS

This week, retired fire chief and current deputy director of the USFA Glen Gaines died suddenly. His death was witnessed as he was performing yard work. Heroic measures were unsuccessful. Chief Gaines was a huge supporter of the Fairfax Team, both in his physical presence as well as lending departmental support to an outstanding Scott Firefighter Combat Challenge team. He was also a competitor in the World Games.

So, what happened? Not knowing the results of an autopsy, we can surmise that he had a cardiac event. While physical fitness can provide protection against heart disease, it is not absolute. What we do know is that your chances of surviving are five times better than your inactive counterpart. I'll expand this discussion in an upcoming BlogSpot. One thing we do know for sure, there are risk factor and symptoms that should never be ignored. You can walk across the intersection with your eyes closed without incident only a limited number of times.



## COMPETITOR FEATURE: TED OVERCASH FIREFIGHTER/PARAMEDIC, KURTZ INDUSTRIAL FIRE SERVICES

### What got you first competing in the Challenge?

*Ted: When I saw the ESPN video of Casper winning their third championship I knew I wanted to try it. When the Challenge came to Orland, Illinois, in 1994, the Minooka FD sent a team of three and I was hooked. I almost didn't get to compete because our third person backed out the morning of the event. In those days you could only compete on a team. Luckily, with 30 minutes notice I called Bob Stewart, who bailed us out, and he is still competing today!*

### How many competitions have you participated in?

*Ted: I have competed in 64 individual plus tandem and relays.*

### Why do you continue competing after all these years?

*Ted: The Challenge has been such an important part of my life, it's hard to quit. I have made some great friends through the years, and I look forward to see them again this year. I'm also looking forward to being part of the first 'Over 70' relay this year...Hint, hint...(Dr. Davis, are you listening?!)*

### Do you think competing has helped in your career at all?

*Ted: Yes, definitely. Training for the Challenge has kept me in shape for the rigors of the job. When I ran my first Challenge at age 48, I wasn't fit for firefighting. In 2003, I competed in Little Rock just 11 weeks after major cancer surgery. That wouldn't have happened if it wasn't for the fitness I had from training for the Challenge.*

### Do you have any advice for newcomers to the Challenge, or anyone who is considering their first competition?

*Ted: Train hard, but train smart. Learn from the experts, those who have made training for the Challenge a science.*

### Do you have a favorite story from the road that you would like to share?

Ted: In 2000, I competed in a regional event in Memphis. I somehow ended up with Bob Stewart's bunker coat. Bob is almost a foot taller and a hundred pounds heavier than me. The sleeves went all the way to my knees. I ran my PR that day!

## **AND LASTLY...**

Man's universal weakness...

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