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COMBAT CHALLENGE

NEWS UPDATE

YOUR OFFICIAL CHALLENGE NEWS SOURCE.

MARCH 18, 2015

SCOTT FIREFIGHTER COMBAT

WE'RE ON INSTAGRAM

We're very excited to announce that the Challenge now has an account on [Instagram](#)! Using photos, Instagram will allow us to instantly share photos from our events in the 2015 season, and beyond! Using convenient hashtags (#) for each event, this will be one more way we can connect with competitors and their families during events! If you're on Instagram, look for our handle [@firefighterchallenge](#) today, and start following us!

OPEN FOR REGISTRATION

Get crackin' on the 2015 season by registering for our events in [Lexington](#), [Tyler](#), and/or [Grand Island](#)! To register for any of these or other events, [click here](#).

GOOD READING

In his latest blog entry, Dr. Davis takes a step back to examine how far we've come since the inception of the Challenge 25 years ago, and how relevant the mission of the Challenge still is today. [Read the blog here](#).

FEATURED SPONSOR:

Almost since the beginning of the Challenge over twenty years ago, Real Wheels Corp. has been a proud sponsor, and through their incredible products has kept our fleet of trucks and trailers looking their best. Based in Gurnee, Illinois, and as a US manufacturer, Real Wheels always offers the highest quality products at an affordable price. Check out their fantastic line of products [here](#), or learn more about their company [here](#). We are thankful and proud to have Real Wheels Corp. as a sponsor of the Challenge!



COMPETITOR FEATURE:

RICK STEPHENS

CAPTAIN, MIAMI DADE FIRE RESCUE

How many years have you been competing in the Challenge?

Rick: 13 years.

How many times have you run in the Challenge?

Rick: *It would be hard to give an exact number but definitely over 50 times.*

How did you first start competing?

Rick: *I saw some advertising for the competition in Deerfield Beach and wasn't sure what it was all about but decided to give it a try anyway.*

Has competing in the Challenge benefited you professionally in any way?

Rick: *I think that I have definitely maintained my fitness level better over the years. As I've gotten older I have stayed in better shape. The past few years I have even evolved my training to include Crossfit and a few years ago became a Captain.*

Why do you continue to compete in the Challenge?

Rick: *I like to travel and go to places I've never been. I like meeting new people from other departments all over the world.*

Do you have any tips for people just starting to compete in the Challenge?

Rick: *Get plenty of practice. Make sure you watch a lot of videos and do sport specific training. Be sure to do everything in moderation and don't exhaust yourself in any one area. Also important, even though you are on the road, with friends you haven't seen in a while, don't drink alcohol the night before you run.*



Editor's Note: Our staff recalls a funny memory involving Rick, at a Challenge in Elkton, Maryland, in 2009. After just finishing second in the Men's Individual category, he'd had a great day but wasn't feeling too great and realized he had injured his knee. He ended up needing to ice it and later had difficulty walking. To help get him to the car, and help lift his spirits, his teammates strapped him to a dolly and wheeled him off the course and over to the car! Lucky for Rick he wasn't seriously injured and lucky for us, they got it all on film! (He's even smiling in the pic!)

SEEN ON THE ROAD

A comical look at signage seen as the Challenge travels across the country...



...As seen at Milwaukee's General Mitchell International Airport.

AND LASTLY...

Want to live longer? The secret may be in how many peanuts you can eat on a regular basis. Learn more in this recently released study in the Journal of the American Medical Association (JAMA). Read the study [here](#).

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