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COMBAT CHALLENGE NEWS UPDATE

YOUR OFFICIAL CHALLENGE NEWS SOURCE.

MARCH 4, 2015

SCOTT FIREFIGHTER COMBAT
CHALLENGE

STATE CHAMPIONS

All of the State Champions have been posted! Anyone is invited to check out the list [here!](#)
Any issues or mistakes found in our listings should be immediately reported to Daniel Pace.
He may be emailed at dpace@ontargetchallenge.com.

ON THE RADIO

Dr. Davis recently completed a radio spot where he talks about the recent event in Phoenix, Arizona, with Chief Doug Mummert. [Listen in to the conversation here!](#)

CHAMPIONSHIP RINGS

All of the Lion Championship Rings have been sent out to their earners, and should have been received, according to our tracking information. If you have not yet received your ring,

please call our office at 301.421.4433 for assistance during normal business hours (EST).

UNBELIEVABLE RANDY DEALS!

Rescue Randy's are still on sale through our office at prices you have to call to find out! They're marked well below list price, and are only available through us! For more information, [email Mike Riley](#), or call him in the office at 201.421.4433 for assistance during normal business hours (EST).

GET TO KNOW OUR SPONSOR:

Did you know, every World Record Holder has earned that title on our course while wearing a [Scott AirPak](#)? It's true! Dr. Davis takes a minute to explain what makes our relationship with [Scott](#) so fruitful in his latest blog, available [here](#).



COMPETITOR FEATURE: CHERI ARDOIN

How long have you been competing in the Combat Challenge?

Cheri: **13 years.**

What got you first started competing in the competition?

Cheri: **The Challenge came to my town and our Chief knew I liked to compete in things. He came to me and asked me to be on one of two relay teams. We didn't have any equipment to train on, we just started competing.**

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

Cheri: **Definitely. Wearing the gear on the course helps keep me in shape and also helps me not to panic when I'm placed in difficult situations. I know my physical ability and my physical limitations. Competing also keeps me training all year long which helps prevent me from being lazy and possibly getting out of shape.**

Why do you continue to compete in the Challenge?

Cheri: **I love the camaraderie of the competitors. I met some of my best friends in the Challenge. I have friends from all over the world. These are all people who care about each other and are good, honest, hard working individuals. When the hurricane hit in 2005, I had people calling from all over the world asking if they could send aid, money, themselves... That's fellowship, brotherhood and sisterhood.**

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

Cheri: **Listen to the people who came before you. Take the advice of anyone who will**

help you with technique or training, be it on teams, relays, anything. Also, even if you are only running tandems or relays, make sure you run the course in its entirety so you can fully appreciate every aspect and skill.

AND LASTLY...

Thinking about lighting up? Think again. New studies suggest that smoking is even worse for us than we thought. Read more in [this NY Times article](#), about the [New England Journal of Medicine report](#).

GOT A QUESTION?

We solicit input from anyone with a question that they'd like addressed either in the *News Update*, the BlogSpot, or just privately. [Email us](#), and you may see your question answered in a future *News Update*!

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