

Remembering Jeanie Allen

[View this email in your browser](#)



EXTREME WEIGHT LOSS ON

In June, the Scott Firefighter Combat Challenge was featured in an episode of *Extreme Weight Loss* on ABC. In case you missed it, we've cut down the episode to highlight the parts where Josh, the weight loss subject and Challenge competitor, is featured. [To watch the condensed episode, click here!](#)

AGING & PERFORMANCE

In this week's blog, Dr. Davis shares an article by Chris Minson, Ph.D., titled *How Aging Affects Athletic Performance*. Since we're all in the the same boat when it comes to aging, this is a highly recommended article which will, at the very least, get you thinking about how the processes of our body work and what it all means as we get older. [Check out the article, and Dr. Paul's Blog here!](#)

UPCOMING EVENTS

Now that we're in the middle of the summer, the events are coming and going faster than waves on the beach. Looking to register for an upcoming event? Here's the schedule for the rest of the month. Click on a date/location to register and for event details!

VIRGINIA BEACH, VIRGINIA - AUGUST 7-8

HALL COUNTY, GEORGIA - AUGUST 14-15

LOUISVILLE, KENTUCKY - AUGUST 21-22

ARLINGTON, TEXAS - AUGUST 29-30

BRANDON, MISSISSIPPI VIDEO

If you've got 4 minutes and 24 seconds in your day, we highly recommend checking out [this sweet video](#) feature by Matt Hinkle and his brother Josh. These two guys were on hand for our event in Brandon, Mississippi, and using HD cameras, combined with some great post-production editing, created a great montage video sponsored by [Box Alarm Training](#). [Check out the video here!](#)

*Copyright © 2015, On•Target Challenge, Inc (OTC), All rights reserved.
The Firefighter Combat Challenge® and its associated logos, rules, procedures are the copyrighted property of On•Target Challenge, Inc. (dba On•Target Communications). No use may be made without the express written permission of OTC.*

On•Target Challenge, Inc., 15312 Spencerville Court, Suite 100, Burtonsville, Maryland 20866
phone: 301.421.4433 | fax: 301.421.9575

Our email address is:
contact@ontargetchallenge.com

[unsubscribe from this list](#) [update subscription preferences](#)