



News Release

**FORT CARSON
Public Affairs Office**

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*'The Best Hometown in the Army.
The Home of America's Best.'*

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FOR IMMEDIATE RELEASE

Media Opportunity **The best of the best: 4ID holds Fittest Soldier Competition**

FORT CARSON, Colo. – The 4th Infantry Division will host a three-day competition to determine the “Ivy’s Fittest Soldier” as part of the Division’s Ivy Week June 23-25 on post.

The competition will test participants’ strength, endurance and grit while fostering Esprit de Corps and a culture of fitness within the Division.

Approximately 20 Soldiers from across the installation will complete the following events:

- The 1000-pound competition: The combined weight from bench press, deadlift and squat.
- The Gauntlet: A timed, nine-course event comprised of running, rope climbs and weightlifting.
- 12-mile ruck: A timed ruck march around post complete with a 35-pound ruck sack and weapon.

Media are invited to attend Tuesday’s Gauntlet event beginning at 7 a.m. Media interested in attending this event should RSVP no later than 4 p.m. Monday to the Fort Carson Public Affairs Office by calling (719) 526-4143/7525 or by responding directly to this email.

For more information contact the Fort Carson Public Affairs Office at (719) 526-4143/7525. After hours please contact the 24-hour Fort Carson Operations Center at (719) 526-5500 and ask for the On-Call Public Affairs Officer.