Press Release

Release Nr:  2401-04

January 29, 2024

Fort Drum Public Affairs

10th MDSB Best Sustainer of the Quarter Competition

FORT DRUM, N.Y. – On Tuesday, Jan. 30, the 10th Mountain Division (LI) Sustainment Brigade will host a Best Sustainer of the Quarter Competition, which will include cold-water immersion training.

In addition, competitors will conduct a six-mile ruck march, an Army Combat Fitness Test, a run / SKEDCO event, a stress shoot, and a performance board.

The competition will begin at 6 a.m. at Wheeler-Sack Army Airfield track site where they will complete the ruck march.

After the ruck, competitors will be transported to Nash Gym to conduct an ACFT. Soldiers will have to perform a three-rep max deadlift, a standing power throw, hand release push-ups, sled drag and carry, plank and row for 5,000 meters.

Competitors will then be transported to Remington Park where they will conduct cold-water immersion training. Soldiers will walk to the edge of the ice and take a step into the water. They will then turn back toward their point of entry and state their rank and name before coming out of the water.

Once out of the water, competitors will move onto a run and SKEDCO event.

After completing the SKEDCO event, competitors will move to Range 2 for a stress shoot where they will be expected to shoot targets under a stressful situation.

The final event, the performance board, will be conducted on Wednesday, Jan. 31, where the top six competitors will be tested on their knowledge of Army regulations, policies, and programs.

The competition will conclude with a ceremony to announce the three winners from each category: junior Soldier, noncommissioned officer, and officer.

###

Media interested in attending the cold-water immersion training must RSVP by 5 p.m. Jan. 29 and be at the 10th Mountain Division and Fort Drum Museum parking lot at 8 a.m. Tuesday, Jan. 30.

To RSVP or for further information regarding this advisory, contact SFC Neysa Canfield at [Neysa.p.canfield.mil@army.mil](mailto:Neysa.p.canfield.mil@army.mil) or 315-804-1292.