Press Release

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Fort Drum Public Affairs

10th Mountain Division (LI) Sustainment Brigade hosts Best Sustainer of the Quarter Competition

FORT DRUM, N.Y. (January 9, 2023) -- On Tuesday, Jan. 10, the 10th Mountain Division (LI) Sustainment Brigade will host a Best Sustainer of the Quarter Competition.

The competition consists of five events: the Army Combat Fitness Test, land navigation, a stress shoot, cold-water immersion training, and a performance board.

During the ACFT, Soldiers will have to perform a 3-rep max deadlift, a standing power throw, hand release push-ups, sled drag and carry, plank, and row for 5,000 meters.

After the ACFT, competitors will move on to a land navigation site where they will be expected to find 3 out of the 5 points given to them.

At the stress shoot event, competitors will be expected to shoot targets under a stressful situation.

Competitors will then be transported to Remington Park where they will conduct cold-water immersion training. Competitors will immerse into the cold water and once complete, they will don their snowshoes to take on a 4-mile course in which they will conduct a run, SKEDCO drag, and Rescue Randy carry.

The final event, the performance board, will be conducted on Wednesday, Jan. 11, where Soldiers will be tested on their knowledge of Army regulations, policies, and programs.

The competition will conclude with a ceremony after the performance board to announce the three winners from each category: junior Soldier, Noncommissioned Officer and Officer.

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Media interested in covering cold-water immersion training must be at the 10th Mountain Division and Fort Drum Museum parking lot on Route 26 no later than 10:15 a.m. on January 10, 2023.

An RSVP is requested by 6 p.m. on January 9, 2023.

To RSVP or for further information regarding this advisory, contact LTC Josh Jacques at 315-772-7634 or email [josh.t.jacques.mil@army.mil](mailto:josh.t.jacques.mil@army.mil)