

# Think you're tough enough?

## Firefighter Challenge seeks out wannabes

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Gazette Staff

Now calling all weekend warriors, after-work gym rats and other athletic or semi-athletic types.

On Friday, July 16, you can show how truly fit—or how truly crazy—you are by entering the Scott Firefighter Challenge Corporate Cup.

The event is a preview to the actual challenge which takes place on Saturday, July 17 in the Home Depot parking lot. On that day, firefighters from across the country will compete in what ESPN has dubbed “the toughest two minutes in sports.”

Wearing all of their gear, including oxygen tanks, individual or teams of firefighters will:

- Climb to the top of a five-story tower carrying a 42-pound hose pack.

- Hoist a 42-pound roll of hose to the top of the tower.

- Run back down the stairs, and drive a 160-pound steel beam 5 feet down a track using a 9-pound shot mallet.

- Sprint down an obstacle course. Grab a fully-charged fire hose and shoot at a target.

- Drag a 175-pound dummy known as “Rescue Randy” 100-feet.

Now here's the best part: At the corporate cup challenge, 5- to 6-person relay teams can participate in the event. That means you get a taste of the toughest two minutes without training for months—or being carried away from the event on a stretcher.

“We're hoping it will give business people a flavor of the different aspects of what we do on the fire ground when we're fighting fire,” said Matt Diehls, a Janesville firefighter who is helping to organize the event.

Imagine: The guy from accounting running to the top of the tower with the hose pack. Or the woman who heads marketing sprinting down the obstacle course. Or one of the big guys from the machine shop hitting the steel beam with a hammer.

During the real competition, firefighters are required to finish

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the event in less than two minutes if they want to advance. Diehls recently competed in a firefighter challenge in Rockford and completed the course in 2 minutes, 38 seconds. The world record for the event is 1:19:02.

For the corporate relay, participants can take as long as they need. The winning team will have a donation made in its name to the Wisconsin Safety Alliance Burn Camp.

During the corporate challenge, a children's "Crawl, Drag and Squirt" event will also be held. Kids ages 4 to 10 get to wear firefighters' gear, carry hose, climb a ladder, go down an inflatable slide, hit a target with a small fire hose and participate in other scaled-down versions of challenge events.

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## If You Go

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**What:** Scott Firefighter Combat Challenge and Corporate Cup Challenge.

**When:** The corporate cup is from 4:30 to 7 p.m. July 16. The Firefighter Challenge starts at 11 a.m. July 17. A children's "Crawl, Drag and Squirt" event will be held during the corporate cup and Saturday during the main event.

**Where:** Home Depot parking lot, 3200 Deerfield Drive, Janesville.

**Cost:** Free.

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Businesses interested in participating in the Corporate Cup should contact Diehls at (608) 931-3325 or Kevin Murray at (608) 290-7270 by July 9.