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WANTED

— High-speed men and women to endure pain.
Motivation required. Winning provided.
Job description: Ranger Challenge Team.

By KRISTI LORSON

This weekend, nine members of the Ranger Challenge Team will run and sweat to prove their mettle as they travel to Ft. Hood to compete against 16 teams in their first competition of the year.

The purpose of the team is to give Army ROTC cadets extra training through intense 5 a.m. workouts and afternoon military skills training.

Many of the cadets are preparing for Army training schools like Ranger School, Airborne School or summer camps.

Fall work outs begin with about 30 people doing short distance runs for physical training. As runs are lengthened and weight is added to the ruck sacks on their back, only the strong remain, senior Jonathan Towles said.

"The people on the Ranger Challenge Team have those who do not persevere through the training and those who have the determination to stick it through," he said.

"Often, I'm up until 1 a.m. with Corps activities and studying, then wake up at 4:30 to train. A lot of times I'd rather sleep, but I do it for the team. We train to win, and if you fall out, you let everyone down."

Team captain Johnny Hester will lead team members Brian Payne, Jimmy Hester, Tim West, Richard Feenstra, Towles, Roy Tisdale, Rick Taylor and Sam Curtis in this weekend's 24-hour competition. The team will use skills they have trained for and will use in their Army careers.

The competition begins with the Army Physical Fitness Test which consists of timed push-up and sit-up intervals and a two mile run.

Then, the team will compete all day in events like rope bridge-building, orienteering, weapon assembly



HUY THANH NGUYEN/The Battalion

(Above) Sophomore Tim West makes his way across the rope bridge while junior Brian Payne looks on. This is one of the many activities the Ranger Challenge Team will have to accomplish if they are to

win this weekend's competition in Ft. Hood. (Top) Senior Sam Curtis prepares to run through his paces as he also gets ready for the competition.

and marksmanship.

The final challenge is a 10 kilometer (6.2 miles) race at 6 a.m. in gear — Army fatigues, combat boots, an M-16 rifle and a 30-pound ruck sack.

If the team places first or second they will enter a regional pool of teams in Ft. Riley, Kansas where they hope to better last year's second place against TCU.

"This is our fifth year of competition, and we've gone to the regional competition each year," said sponsor Cpt. Sam Harves. "This year, we're going to make a big effort to get the trophy back where it belongs."

Ranger Challenge's "big effort" began this summer when the team sent senior Physical Training Instructor Sam Curtis to the Army Master of Fitness Training Course at Ft. Benjamin Harrison in Indiana.

The four week course consists of eight hours of muscle physiology, nutrition and anatomy classes each day. Curtis said it helped him prepare the team's training program.

"This year, we'll implement a rest day into our schedule to reduce injuries, run intervals workouts well as distance and stretch as well before practice," he said. "The goal is on preventing knee and shin injuries."

Curtis said a glycogen diet will also be added to the training program. The diet calls for high carbohydrates, low fat and few desserts.

"This is a muscle-loading diet that many swim teams, cross country teams and marathoners use," Curtis said. "It increases endurance and loads energy for the muscles."

If the Ranger Challenge Team adds the motivation and dedication required to win this weekend to the benefits of these training and techniques, they should get what

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