

## **NEWS RELEASE**

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### **SUFFOLK FIREFIGHTERS SET FOR GORUCK CHALLENGE**

SUFFOLK, VA (August 31, 2015) Members of the Suffolk Fire & Rescue Department are setting aside September 11, 2015 as an opportunity to work on physical fitness, team building, and to also pay tribute to the 343 New York City Firefighters who lost their lives in the World Trade Center attacks on September 11, 2001. The event is called the GORUCK Challenge and is a 12-hour endurance/team building event led by a Special Forces Cadre for those participants off-duty that day.

The Cadre leading the Challenge is an Army Green Beret who will lead the participants through Suffolk pushing them to work as a team to accomplish whatever he throws at them. The event starts at 11 a.m. at Suffolk Fire & Rescue Station 1 located at 400 Market Street.

Suffolk's GORUCK Challenge was planned as a way to promote health and wellness among firefighters. On average nationally, around 100 firefighters die each year with the majority of those due to cardiac-related events. Suffolk Fire & Rescue Department Chief Cedric Scott noted, "We are trying to create a new culture within our members to

live a healthier lifestyle not only for ourselves and our families, but also in order to be able to do our jobs and better protect the citizens of Suffolk.”

The GORUCK Challenge is a rucking-type event. Rucking is an activity where you put weight on your back and go for a walk. Classified as active resistance training, rucking provides both a cardio and strength workout in one.

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