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BREAKING NEWS ALERT: Bank Robbed In Cheviot

Firefighters Take Part in Combat Challenge

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If you've ever been up channel surfing late at night, you've probably flipped past a strong man competition or a lumberjack contest.

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But, did you know there's a similar event for firefighters.

Bob Herzog has the scoop on a local team competing in the Firefighter Combat Challenge.

It's a national competition with a regional event taking place in Lexington this weekend.

I recently joined a squad from Cincinnati State for a little training before they head to Rupp Arena to compete.

By the time I was finished, I was glad they all knew CPR.

Try the course, they said. Run up some steps carrying a hose. Yank a 50-pound hose to the top of a tower... swing a sledge hammer... run some cones, advance a hose, drag a dummy. Easy.. right? Wrong.

Steven Schreck is a Florence firefighter and an adjunct instructor in the Division of Firefighters Service Technologies at Cincinnati State. His focus in the classroom is to teach his students fitness, wellness, and physical agility.

But some internet browsing and his competitive streak got him interested in the Firefighter Combat Challenge, a competition he now uses to motivate his students.

In the competition, each member of Steve's team will tackle the obstacle course on their own. They'll also split the course up... relay style. They showed me how to do it relay style. I tried to do the whole thing at once.

The guys from Cincinnati State ran up the outside of the tower to best demonstrate how it looks.

I went up the inside.

They hoisted the host with speed and strength.

I was... slower...

"Good thing i have such immense upper body strength."

The Kaiser Forcible Entry Simulator couldn't stand up to their intense pounding.

All I wanted to do with that hammer was hammer out the love between my brothers and my sisters.

They ran the cones with purpose.

I pretended like I wasn't about to blackout.

They advanced the hose and fired with experience on their side.

I advanced the hose wishing that I could just collapse and have someone spray me with it.

Then finally, finally it was time to drag rescue randy to safety.

I respect those men from Cincinnati State. They've got a mission this weekend. Rescue Randy and I, however, will never be friends.

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