



## U.S. Army Reserve FOR IMMEDIATE RELEASE



**May 2, 2011**

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### **Best Warriors Compete in Physical Fitness to be Named Top Soldier and NCO**

FORT McCOY, Wis. -- The Army Reserve 416<sup>th</sup> Theater Engineer Command, 84<sup>th</sup> Training Command, and the 88<sup>th</sup> Regional Support Command held an Army Physical Fitness Event today as part of the Regional Army Reserve Best Warrior Competition here at Fort McCoy. Fifteen competitors come from a total force of more than 36,000 and qualify for the regional competition with victories at preliminary competitions at commands across the country.

At 4 a.m., Soldiers taking part in the best warrior competition rolled out of bed to brave the late spring cold of the upper Midwest for the Army Physical Fitness Test. Some of these soldiers didn't get to the competition's location until 2 a.m., just two hours before the APFT started.

"Most people lose points on PT, so do it every day, take it seriously and push yourself physically," said Sgt. Jacob Probst, a participant in the competition, when asked if he had any advice for future competitors.

These Citizen-Soldiers also represent a cross-section of America. They come from large and small communities, and have attended college or been assigned to units in dozens of other locations. Some were born or grew up outside the United States, and others are naturalized citizens, but all of them voluntarily serve to protect all Americans and our national interests, home and abroad.

This year's competition, like years past, will test the Soldiers' mental endurance, physical stamina and tactical reasoning abilities--all the skills required to keep Soldiers alive in combat.

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FORT McCOY, Wis. --Sgt. 1st Class Arthur Odgers RTC-West, 91st Training Division out of Fort Hunter Liggett, Calif., breezes through the sit-up event this morning at the 2011 Regional Army Reserve Best Warrior Competition. The APFT event kicked off day one of the competition. (U.S. Army photo by Master Sgt. D. Keith Johnson)