

DEPARTMENT OF THE AIR FORCE
HEADQUARTERS 633 AIR BASE WING
JOINT BASE LANGLEY-EUSTIS VA



FEBRUARY 2025

MEMORANDUM FOR JBLE- FORT EUSTIS UNITS

FROM: 733 FSS

SUBJECT: 250th Army Birthday Fitness Challenge - Commander's Cup Competition

1. The 733d Force Support Squadron in conjunction with TRADOC/CIMT is preparing for the 250th Army Birthday Fitness Challenge. These events will be part of the Commanders Cup competition. The events will take place 9-12 JUN 25. If you intend to submit a team for the events for the Commander's Cup, please complete the information below. Teams will be made up of four individuals with one alternate. Three divisions MALE, FEMALE, COED (must be 2 male and 2 female).

2. Event times are set for 0630-0800 each day 9-12 JUN 25 at Anderson Field House. There will be a pre-brief 6 JUN 25 at 1200 at Anderson Field House. **Team Captain must be in attendance.**

3. Each fitness event is a single day event.

MONDAY: ACFT Day (Hand Release Pushups, Plank, Deadlift)

TUESDAY: Obstacle Course

WEDNESDAY: Ruck March

THURSDAY: Humvee Push/Pull and Radio Call

4. Once the memo is completed, please email to Fort Eustis Fitness Centers at fteustisfitness@gmail.com.

5. Please fill out information below.

Unit/Team Name (_____ / _____) will enter a team.

Division (select one)

MALE

FEMALE

COED

Team Captain (Last, First name)

Email

Phone Number