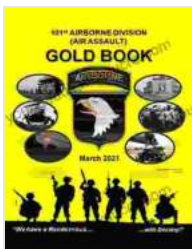


101st Airborne Division Air Assault Gold March 2024

The 101st Airborne Division Air Assault Gold March is an annual event that challenges Soldiers to complete a 26.2-mile ruck march in under 7 hours. The march is open to all Soldiers assigned to the 101st Airborne Division and is considered to be a badge of honor for those who complete it.



101st Airborne Division (Air Assault) Gold Book March

2024 by United States Government US Army

★★★★☆ 4.8 out of 5

Language : English
File size : 35346 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Print length : 524 pages
Lending : Enabled



History of the Gold March

The Gold March was first held in 1967 as a way to test the endurance and stamina of the 101st Airborne Division's Soldiers. The march was originally 20 miles long and was held on the division's home base at Fort Campbell, Kentucky. In 1974, the march was extended to 26.2 miles and was moved to its current location at Fort Rucker, Alabama.

The Gold March Course

The Gold March course is a challenging one that tests the limits of even the most physically fit Soldiers. The course begins at Fort Rucker's Malone Field and winds its way through the surrounding countryside. The course includes a variety of terrain, including hills, forests, and swamps. The march also includes several obstacles, such as a water crossing and a log carry.

Preparing for the Gold March

Preparing for the Gold March requires months of dedicated training. Soldiers who are planning to participate in the march should begin training by gradually increasing the distance and weight of their ruck marches. It is also important to practice marching in a variety of conditions, including hot and cold weather.

The Gold March Day

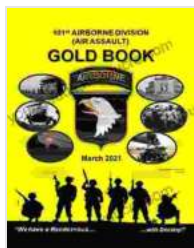
On the day of the Gold March, Soldiers report to Malone Field at 0500 hours. The march begins at 0600 hours and Soldiers have 7 hours to complete the course. Soldiers who finish the march in under 7 hours are awarded the Gold March badge.

The Gold March Badge

The Gold March badge is a prestigious award that is worn by Soldiers who have completed the Gold March. The badge is a symbol of the Soldier's endurance, stamina, and determination. The Gold March badge is also a source of pride for the 101st Airborne Division and is a reminder of the division's history and traditions.

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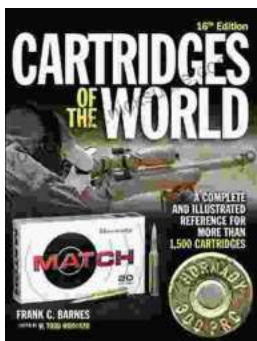


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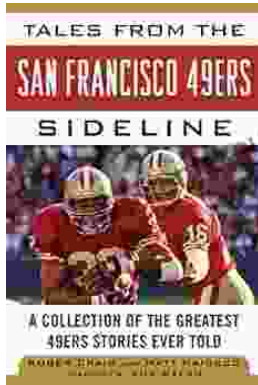
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