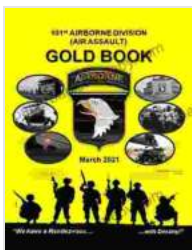


101st Airborne Division Air Assault Gold March 2024: The Ultimate Test of Elite Soldiers

The 101st Airborne Division Air Assault Gold March is a grueling 22-mile foot march that tests the physical and mental limits of even the most elite soldiers. Only those who complete the march within the allotted time earn the coveted Gold March tab.



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



The march is held annually at Fort Campbell, Kentucky, and is open to all soldiers assigned to the 101st Airborne Division. The course is designed to be challenging, with hills, obstacles, and varying terrain. Soldiers must carry a minimum of 35 pounds of gear, including their weapon, ammunition, and water.

The march begins at 0500 hours, and soldiers have until 1500 hours to complete the course. The time limit is strict, and any soldier who fails to

finish within the allotted time is disqualified. Soldiers who complete the march within the time limit receive the Gold March tab, which is a symbol of their accomplishment and a source of pride.

The Gold March is a demanding event, but it is also a rewarding one. Soldiers who complete the march gain a sense of accomplishment and pride that few others can match. The Gold March is also a way for soldiers to test their limits and see what they are capable of.

If you are a soldier assigned to the 101st Airborne Division, I encourage you to challenge yourself and participate in the Gold March. It is an experience that you will never forget.

History of the Gold March

The Gold March was first held in 1952, and it has been a tradition of the 101st Airborne Division ever since. The march was originally designed to test the physical fitness of soldiers, but it has evolved over the years to become a test of both physical and mental toughness.

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How to Prepare for the Gold March

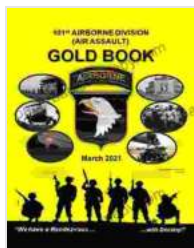
If you are planning to participate in the Gold March, there are a few things you can do to prepare:

1. **Start training early.** The Gold March is a demanding event, so it is important to start training well in advance. Begin by gradually increasing your running and marching distance. You should also incorporate hills and other obstacles into your training routine.
2. **Carry weight.** Soldiers who participate in the Gold March must carry a minimum of 35 pounds of gear. To prepare for this, start carrying weight during your training runs and marches.
3. **Stay hydrated.** It is important to stay hydrated during the Gold March, so make sure to drink plenty of water before, during, and after the event.
4. **Get enough sleep.** Getting enough sleep is essential for both physical and mental performance. Make sure to get a good night's sleep before the Gold March.
5. **Eat a healthy diet.** Eating a healthy diet will help you to perform at your best during the Gold March. Make sure to eat plenty of fruits, vegetables, and whole grains.

The Gold March is a challenging event, but it is also a rewarding one. By following these tips, you can prepare yourself for success.

The 101st Airborne Division Air Assault Gold March is a grueling event that tests the physical and mental limits of even the most elite soldiers. Only those who complete the march within the allotted time earn the coveted Gold March tab. The Gold March is a demanding event, but it is also a rewarding one. Soldiers who complete the march gain a sense of accomplishment and pride that few others can match. If you are a soldier assigned to the 101st Airborne Division, I encourage you to challenge

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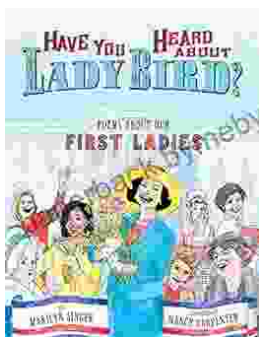


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