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U.S. ARMY MANEUVER CENTER OF EXCELLENCE



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## **MEDIA RELEASE:**

### **End of RAP week update: 192 Ranger students continue to train**

**FORT BENNING, Georgia** – On April 19, 2015, 381 men and 19 women arrived at Fort Benning, Georgia to begin the demanding Ranger Course.

The first four days of the Ranger Course are known as the Ranger Assessment Phase (RAP).

After being evaluated on a physical fitness test consisting of 49 pushups, 59 sit-ups, a 5-mile run in under 40 minutes, and 6 chin-ups; a swim test; a land navigation test; and a 12-mile foot march with a 35-pound rucksack, in under 3 hours, there are 192 Ranger Students (184 men / 8 women) continuing to conduct Ranger Training.

This is an overall success rate of 48 percent (48.3 percent for men and 42.1 percent for women) for RAP week and within historic norms for the Ranger course.