

# 24 Heroes Workout Schedule

**When:** Saturday May 18th - Sunday May 19th

**Opening Ceremonies:** Saturday May 18th @ 9:00 AM-10:00 AM

Time	Workout	Bio
<p>9:00-10:00 AM OPENING CEREMONIES</p> <p>10:00-11:00 AM 1st WOD (Dork) begins</p>	<p><b>“Dork”</b> 6 Rounds: 60 Double Unders 30 Kettlebell Swings (53/35#) 15 Burpees</p> <p><b>Speaker:</b> Sarah Wessman (in-person)</p>	<p>Boston firefighter Michael Kennedy, 33, of Boston, Massachusetts, died fighting a nine-alarm fire on March 26, 2014, now forever known as the Back Bay Fires. Kennedy served with the Boston Fire Department for six and a half years and was a Marine Corps Sergeant who served a tour in Iraq before that.</p> <p>He had a big presence in his local CrossFit community, coaching and training at several affiliates, including CrossFit Craic, CrossFit Florian, CrossFit Together and CrossFit HomeBase. He was also a dedicated Big Brother.</p> <p>Also killed in the fire was Lieutenant Ed Walsh.</p>
<p>11:00AM - 12:00PM</p>	<p><b>“Peyton”</b> AMRAP 20 10 Chest-to-Bar Pull-Ups 10 Dumbbell Thrusters (2x50/35 lb) Every 2 minutes, starting at 0:00, complete: 40 Double-Unders From 20:00, complete: 2 mile Run</p> <p><b>Speaker:</b> Nicole Peyton and her children. (California - PT) Via Zoom</p>	<p>The CrossFit community mourns the loss of Chad Robert Peyton, a beloved husband, father, son, brother, and friend. Chad, a U.S. Army veteran with 10 years of military service, struggled with depression and anxiety. He took his own life on May 17, 2021.</p> <p>Chad received a Congressional nomination to attend West Point, where he graduated with a B.S. in May 2003 before being commissioned as an aviation officer in the U.S. Army. Chad became a UH-60 Black Hawk helicopter pilot and served in Germany during Operation Iraqi Freedom II and was subsequently promoted to Captain. During his military service, he was awarded the Bronze Star and many other awards and commendations.</p> <p>In 2012, Chad was honorably discharged from the Army and relocated to Santa Cruz, California, where he became a beloved member of the local CrossFit community. He and his wife, Nicole, were married in September 2014. When he wasn't flying helicopters as a first responder, Chad enjoyed spending time with his</p>

		<p>family, doing CrossFit, hiking in the forest, surfing, traveling, and helping his friends and fellow veterans.</p> <p>Chad is survived by Nicole, who works on the publishing team at the CrossFit Home Office; his two children, Isla, 5, and Ellis, 3; and many other friends and family members.</p> <p>If you or someone you know is struggling with PTSD, anxiety, or depression, call the National Center for PTSD hotline right away: 1-800-273-8255. All calls are completely confidential.</p>
<p>12:00-1:00 PM</p>	<p><b>“Zachary Tellier”</b></p> <p>For Time 10 Burpees</p> <p>10 Burpees 25 Push-Ups</p> <p>10 Burpees 25 Push-Ups 50 Lunges</p> <p>10 Burpees 25 Push-Ups 50 Lunges 100 Sit-Ups</p> <p>10 Burpees 25 Push-Ups 50 Lunges 100 Sit-Ups 150 Air Squats</p> <p><b>Speaker:</b> Pamela Morse (in-person)</p>	<p>Sgt. Zachary D. Tellier, 31, of Charlotte was a combat infantryman with the 4th Squadron, 73rd Cavalry Regiment, 4th Brigade Combat Team, at Fort Bragg. On April 25, 2007, Tellier’s unit was conducting a mounted patrol when one of its vehicles drove over and detonated a bomb, which set the vehicle on fire. Tellier pulled two paratroopers out of the vehicle to safety, suffering severe burns to his hands. He ran back to continue to fight it out with the Taliban despite his injuries. Zack was awarded a Bronze Star with Valor for this incident.</p> <p>Tellier returned to combat after recovering from his injuries. On September 29, 2007 the vehicle Tellier was in broke down while the Taliban was advancing. He was providing cover for a fellow soldier when Tellier was shot at close range in the lower back, killing him instantly. He was awarded a second Bronze Star for his heroism.</p> <p>Tellier is survived by his wife, Sara Tellier of Atlanta, Ga.; his father, David W. Tellier of Groton, Mass.; and his mother, Pamela Morse, of Falmouth, Mass.</p>
<p>1:00-2:00PM</p>	<p><b>“Glen”</b></p> <p>For Time: 30 Clean and Jerks (135/95#) 1 Mile Run 10 Rope Climbs</p>	<p>Former U.S. Navy SEAL Glen Doherty, 42, of Winchester, Massachusetts, assigned to a State Department security detail in Benghazi, Libya, died in an attack on a U.S. consulate on September 11, 2012. He is survived by his parents, Ben and Barbara, sister Katie, and brother Greg.</p>


	<p>1 Mile Run 100 Burpees</p> <p><b>Speaker:</b> GDMF Scholars</p>	<p>Glen was one of four Americans killed during the attack including Ambassador Christopher Stevens, Sean Smith, and Tyrone Woods.</p>
2:00-3:00pm	<p><b>“Marston”</b></p> <p>Complete as many rounds as possible in 20 minutes of: 405-lb. deadlift, 1 rep 10 toes-to-bars 15 bar-facing burpees</p>	<p>Special Warfare Operator 1st Class William Blake Marston, 31, of Concord, New Hampshire, died Jan. 10, 2015, in DeLand, Florida, during military parachute training. Marston was assigned to an East Coast-based SEAL Team and served in the Navy for six years.</p> <p>Marston is survived by his girlfriend, Christine Clark; parents, Bill and Nancy; three siblings, Chris, Jeffrey and Emily; and many other friends and family.</p>
3:00-4:00 PM	<p><b>“Whip”</b></p> <p>AMRAP 21 11 Push-ups 5 Squat Cleans (155/105#) 10 Box Jumps (24/20”)</p> <p><b>Speaker:</b> Sean and David Whipple (Sean may be in-person; David via Zoom)</p>	<p>Blake Whipple was born Sept 4, 1989. He lived with his family in Buffalo, graduating from Williamsville East High School in 2007. While attending Erie Community College, he enlisted in the Army in 2009. He was assigned to the 7th Engineering Battalion, 10th Sustainment Brigade, 10th Mountain Division, out of Fort Drum, N.Y.. Blake served as a combat engineer and was responsible for clearing roadside bombs. After being assigned to a dismount team, an Improvised Explosive Device (IED) ultimately took his life on Nov 5, 2010 in the Ghazi province of Afghanistan. This workout is done in his honor.</p>
4:00-5:00pm	<p><b>“Kiki”</b></p> <p>AMRAP 26 7 Rope Climbs 9 Thrusters 95/65# 47 Calorie Row</p> <p><b>Speaker:</b> DEA SAC Frank Tarentino (Tentative)</p>	<p>On Thursday, February 7, 1985, at 2:00 pm, Special Agent Enrique Camarena left the American Consulate in Guadalajara to meet his wife, Mika, for lunch. Known to his friends as "Kiki," Special Agent Camarena had been in Mexico for more than four years on the trail of Mexican drug traffickers. As Kiki walked to his truck, he was approached by five men and kidnapped in broad daylight. Kiki was tortured and interrogated, which was recorded in a series of audio tapes. Kiki had been kept alive by medical doctors so that the interrogation could</p>

		<p>continue unabated. It is believed Kiki died two days after his kidnapping however his body was not found until March 5, 1985.</p> <p>Kiki was born in the small town of Mexicali, Mexico and later moved to Calexico, California. After serving in the Marine Corps for two years, he worked as a fireman for the City of Calexico and later joined the Calexico Police Department in 1970. Kiki became a Special Agent with the Drug Enforcement Administration (DEA) in 1974.</p> <p>Kiki was 37 years old and was survived by his wife Mika and their three children, Enrique, Daniel, and Erik, all of whom were under the age of 12. During his 11 years with DEA, Kiki received two Sustained Superior Performance Awards, a Special Achievement Award and, posthumously, the Administrator's Award of Honor, the highest award granted by DEA.</p> <p>In his honor, the Enrique "Kiki" S. Camarena Educational Foundation was created. The mission of the foundation is to eradicate drug abuse in our nation's youth and to honor fallen and injured heroes in the fight against illegal drugs.</p>
5:00-6:00pm	<p><b>"Tarentino"</b> (45 Min Cap)  Teams of 2  2,000 Meter Row  50 Clean and Jerks (155/105#)  2,000 Meter Row  100 Burpees  2,000 Meter Row  150 Wall Balls (20/14#)</p> <p><b>Speaker:</b> DEA SAC Frank Tarentino (Tentative)</p>	<p>Auburn Police Officer Ronald Tarentino, Jr., 42, of Leicester, passed away Sunday, May 22, 2016 at UMASS Memorial Hospital in Worcester after sustaining life threatening injuries in the line of duty earlier that day.</p> <p>He leaves his loving wife of 20 years, Tricia S. (Smith) Tarentino, his three sons Private First Class Ronald Tarentino, III with the U.S. Army stationed at Ft. Bragg, N.C., Spenser R. and Kyle M. Tarentino of Leicester, his mother Sharon M. (James) and father Ronald Sr., Retired Patrolman for the Medford Police (after serving 42 years) of Tewksbury.</p>
6:00-7:00pm	<p><b>"Klepto"</b></p> <p>4 rounds for time of:  27 Box jumps, 24" box</p>	<p>U.S. Air Force Major David "Klepto" L. Brodeur, 34, of Auburn, Massachusetts, assigned to the 11th Air Force, based at Joint Base Elmendorf-Richardson, Alaska,</p>

	<p>20 Burpees 11 Squat cleans, 145 pounds</p>	<p>died on April 27, 2011 in Kabul, Afghanistan, of wounds sustained from gunfire from an Afghan military trainee. He is survived by his wife Susie, daughter Elizabeth, and son David.</p>
7:00-8:00pm	<p><b>“Hildy”</b></p> <p>100-calorie row 75 thrusters, 45-lb. barbell 50 pull-ups 75 wall-ball shots, 20-lb. ball 100-calorie row</p> <p>If you’ve got a 20-lb. vest or body armor, wear it.</p>	<p>Army Spc. Hilda Clayton, 22, of Augusta, Georgia, died from injuries sustained when a mortar malfunctioned during an Afghan National Army training exercise in Qaraghahi, Afghanistan. Clayton, assigned to the 55th Signal Company and the 21st Signal Brigade in Fort Meade, Maryland, was providing Combat Camera support at the time of her death.</p> <p>She is survived by her husband, Chase Clayton.</p>
8:00-9:00pm	<p><b>“Scooter”</b></p> <p>For Time: 400 Meter Farmers Carry (53/35#) 20 Box Jumps (30/24”) 400m Plate Carry (45/25#) 20 Box Jumps (30/24”) 400m Plate Carry (45/25#) 20 Box Jumps (30/25#) 400m Farmers Carry (53/35#)</p>	<p>This hero workout is dedicated to 1st Lt. Scott “Scooter” Milley, 2nd Battalion, 30th Infantry Regiment, 4th Brigade Combat Team, 10th Mountain Division, US Army. Milley, from Sudbury, MA, was <a href="#">killed in action</a> on November 30, 2010, from wounds sustained when insurgents attacked his unit with small-arms fire in the Baraki Barak district, Afghanistan. Milley was just 23 years old when he was killed.</p>
9:00-10:00pm	<p><b>“Jenny”</b></p> <p>Complete as many rounds as possible in 20 minutes of: 45-lb. overhead squats, 20 reps 45-lb. back squats, 20 reps 400-meter run</p>	<p>U.S. Army Capt. Jennifer M. Moreno, of San Diego, California, died Oct. 6, 2013, in Zhari District, Afghanistan, when enemy forces attacked her unit with an improvised explosive device. The 25-year-old was assigned to Madigan Army Medical Center on Joint Base Lewis-McChord in Washington state. Moreno is survived by her mother, Marie V. Cordero; sisters, Jearaldy Moreno and Yaritza Cordova; and brother, Ivan F. Moreno.</p>
10:00-11:00pm	<p><b>“Chris Kyle”</b></p>	<p>Chief Petty Officer Christopher Kyle, from Odessa, TX was 38 years old when he was killed on February 2, 2013. Kyle was a Navy SEAL who served four tours in</p>

	<p>3 Rounds For Time  40 KBS 53/35lbs  40 Box Jumps 24/20"  40 Thrusters 65/45lbs  40 Elevated Push ups 24/20" box</p>	<p>the Iraq War and was awarded several commendations for acts of heroism and meritorious service in combat. He had 160 confirmed kills and was awarded a Silver Star, three Bronze Star Medals with "V" devices for valor, two Navy and Marine Corps Achievement Medal with "V" device, as well as numerous other unit and personal awards.</p> <p>Kyle was honorably discharged from the U.S. Navy in 2009, and published his bestselling autobiography, <i>American Sniper</i>, in 2012. In 2013, Kyle was murdered by a fellow veteran and Marine at Rough Creek Lodge shooting range near Chalk Mountain, Texas.</p> <p>Kyle left behind his wife, Taya, and their two children.</p>
11:00-12:00pm	<p><b>"Tommy V"</b></p> <p>For time:  115 pound Thruster, 21 reps  15 ft Rope Climb, 12 ascents  115 pound Thruster, 15 reps  15 ft Rope Climb, 9 ascents  115 pound Thruster, 9 reps  15 ft Rope Climb, 6 ascents</p>	<p>Senior Chief Petty Officer Thomas J. Valentine, 37, of Ham Lake, Minnesota, died in a training accident in Arizona, on Feb. 13.</p> <p>We're asking the CrossFit community to make donations to the "Thomas J. Valentine Memorial Fund" in care of the Navy Federal Credit Union, Building 200, FTC Dam Neck, Virginia Beach, VA, 23461.</p>
12:00-1:00am	<p><b>"T.U.P."</b></p> <p>15-12-9-6-3 reps for time of:  135-lb. power cleans  Pull-ups  135-lb. front squats  Pull-ups</p>	<p>U.S. Army Staff Sgt. Michael H. Simpson, 30, of San Antonio, Texas, died May 1, 2013, from injuries caused by an improvised explosive device on April 27, 2013, in Arian, Afghanistan. Simpson, nicknamed "The Unquiet Professional," was assigned to the 4th Battalion, 1st Special Forces Group (Airborne), Joint Base Lewis-McChord, Washington. He is survived by his wife, Krista; sons, Michael and Gabe; sister, Abigail; brothers, David and Isaac; parents, Michael W. and Barbara; and many other friends and family. Donations can be made in his name to <b>The Unquiet Professional</b>, a nonprofit organization started by the family and benefitting Gold Star Families.</p>
1:00-2:00 AM	<p><b>"Randy"</b></p> <p>For Time  75 Power Snatches (75/55 lb)</p>	<p>Officer Randy Simmons, 51, a 27 year LAPD veteran and SWAT team member was killed February 7, 2008 in the line of duty. Simmons was shot and killed as he and other members of the Los Angeles SWAT Team made entry into a home at approximately 12:30 am. The team had been deployed to the home after a</p>

		<p>suspect inside called 911 and claimed to have murdered three family members.</p> <p>As the team entered, the suspect opened fire, striking Officer Simmons and a second officer. Both officers were immediately transported to Northridge Medical Center, where Officer Simmons succumbed to his wounds approximately 30 minutes later.</p> <p>Our thoughts and prayers go out to Officer Simmons' wife and two children.</p>
2:00-3:00 AM	<p><b>"Lumberjack 20"</b></p> <p>20 Deadlifts (275lbs) Run 400m 20 KB swings (2pood) Run 400m 20 Overhead Squats (115lbs) Run 400m 20 Burpees Run 400m 20 Pullups (Chest to Bar) Run 400m 20 Box jumps (24") Run 400m 20 DB Squat Cleans (45lbs each) Run 400m</p> <p><i>Donuts and Burgers post WOD!</i></p>	<p>On Nov. 5, 2009 at 1:34 p.m., a terrorist named Major Nidal Hasan attacked fellow soldiers and civilians at Fort Hood, Texas. When the shooting ended, he had killed <b>12 soldiers and one civilian</b> and wounded 43 others.</p> <p>Spc. Frederick Greene, 29, of Mountain City, Tennessee, Pfc. Aaron Thomas Nemelka, 19, of West Jordan, Utah, Pfc. Michael Pearson, 22, of Bolingbrook, Illinois, and Spc. Kham Xiong, 23, of St. Paul, Minnesota, along with eleven of the wounded were active CrossFitters in the 20th Engineer Battalion, home to <b>Lumberjack CrossFit</b>.</p>
3:00-4:00 AM	<p><b>"DG"</b></p> <p>AMRAP 10 8 Toes to bar 8 Dumbbell Thrusters 35/20# 12 steps DB Walking Lunges 35/20#</p>	<p>U.S. Air Force Major Walter David Gray, 38, of Conyers, Georgia, assigned to the 13th Air Support Operations Squadron, based in Fort Carson, Colorado, died on August 8, 2012 from injuries suffered during a suicide bomb attack in Kunar province, Afghanistan. He is survived by his wife Heather, daughters Nyah and Ava, and son Garrett.</p>
4:00-5:00 AM	<p><b>"Cheesy Jag"</b></p> <p>AMRAP in 23 minutes:</p>	<p>Air Force Senior Airman Daniel R. Sanchez</p>

	<p>1 mile Run Then, 5 cycles of: 9 Burpees 16 Air Squats 10 Push-Ups</p>	<p>Died September 16, 2010 Serving During Operation Enduring Freedom.</p> <p>Sanchez, 23, suffered a gunshot wound on a deployment to Afghanistan, dying at a medical facility in Oruzgan province. The El Paso, Texas, native served as a Combat Controller with the 23rd Special Tactics Squadron at Hurlburt Field, FL.</p>
5:00-6:00 AM	<p><b>“Eva Strong”</b> Teams of 2 5 Rounds: 24 Double-unders (each) 19 toes-to-bars (total) 2 Clean and Jerks 205/135# (total) 400 Meter Team Run</p> <p>Video - from CFHQ site</p> <p> In Honor of Eva Mireles</p> <p><i>Moment of Silence WOD: entire WOD completed without any music or talking.</i></p>	<p>Eva Mireles, 44, died on Tuesday, May 24, 2022, while shielding her fourth-grade students from a gunman at Robb Elementary School in Uvalde, Texas. Mireles’ co-teacher, Irma Garcia, and 19 students were also killed in the shooting.</p> <p>Mireles was in her 17th year of teaching in the Uvalde Consolidated Independent School District and held certifications in special education and bilingual education.</p> <p>In addition to regularly running before school, she also enjoyed hiking, and friends and relatives recall she could be found in her CrossFit gym almost every day after school. Earlier this year, she participated in the CrossFit Open for the ninth time.</p>
6:00-7:00 AM	<p><b>"Tom"</b></p> <p>Complete as many rounds in 25 minutes as you can of: 7 Muscle-ups 155 pound Thruster, 11 reps 14 Toes-to-bar</p>	<p>U.S. Army First Lieutenant Thomas M. Martin, 27, of Ward, Arkansas, assigned to the 1st Squadron, 40th Cavalry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, based in Fort Richardson, Alaska, died on October 14, 2007 in Al Busayifi, Iraq, of wounds suffered when insurgents attacked his unit with small arms fire. He is survived by his parents, Edmund and Candis Martin; sisters Sarah Hood, Becky Martin, and Laura Martin; fiancée, Erika Noyes; and grandmother, E. Jean Martin.</p>
7:00-8:00 AM	<p><b>“Monti”</b> 5 Rounds: 50 Box Step-ups (24/20”) 15 Cleans (135#/95#)</p>	<p>Sgt. 1st Class Jared C. Monti, 30, of Raynham, Massachusetts, was killed on June 21, 2006, during combat operations in Gowardesh, Afghanistan. Monti was assigned to the 3rd Squadron, 71st Cavalry, 3rd</p>



	<p>50 Box Step-ups 10 Snatches (135#/95#)</p>	<p>Brigade Combat Team, 10th Mountain Division in Fort Drum, New York. He was the recipient the Congressional Medal of Honor on Sept. 17, 2009, the highest decoration a soldier can receive.</p> <p>Monti is survived by his parents, Paul and Janet; brother, Timothy; and sister, Niccole. Paul Monti passed away last year.</p>
<p>8:00-9:00 AM</p>	<p><b>“Tillman”</b></p> <p>7 Rounds For Time 7 Deadlifts (315/205 lb) 200 meter Sprint 15 Pull-Ups 45 seconds Rest</p>	<p>Patrick Daniel Tillman was a professional football player who left the National Football League and enlisted in the United States Army in May 2002. He joined the Army Rangers and served multiple tours in combat before he was killed in the mountains of Afghanistan on April 22, 2004. He was a recipient of the Silver Star, the third highest honor in the military, and a Purple Heart. Pat is survived by his wife Marie. He is also remembered through the foundation named in his honor.</p> <p>Founded in 2004, the Pat Tillman Foundation invests in military veterans and their spouses through academic scholarships – building a diverse community of leaders committed to service to others. The scholars chosen show extraordinary academic and leadership potential, a true sense of vocation, and a deep commitment to create positive change through their work in the fields of medicine, law, business, education and the arts.</p>
<p>9:00-10:00 AM</p>	<p><b>“1775”</b></p> <p>Complete as many rounds as possible in 60 minutes of:</p> <p>17 power cleans, 135 lb. 75 squats</p> <p>Unload the barbell and carry it 200 meters away. Return to the plates and then carry one forward to the barbell. Retrieve the second plate, carry it forward and reload the barbell for the next round.</p>	<p>Letter to Mrs. Bixby</p> <p>Dear Madam,</p> <p>I have been shown in the files of the War Department a statement of the Adjutant General of Massachusetts that you are the mother of five sons who have died gloriously on the field of battle.</p> <p>I feel how weak and fruitless must be any words of mine that would attempt to beguile you from the grief of a loss so overwhelming. But I cannot refrain from tendering to you the consolation that may be found in the thanks of the Republic they died to save.</p> <p>I pray that our Heavenly Father may assuage the anguish of your bereavement, and leave you only the cherished memory of the loved, lost, and the solemn</p>

		<p>pride that must be yours to have laid so costly a sacrifice upon the altar of freedom.</p>
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Yours, very sincerely and respectfully,

Abraham Lincoln, written in 1864