



Orange County Fire Authority
Public Information Office
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MEDIA ADVISORY

MAY 28, 2010

FOR IMMEDIATE RELEASE

SUBJECT: Salute Our Heroes as the OCFA Hosts the 4th Annual Trevor Win'E Memorial CrossFit Challenge – May 31

CONTACT: Lynnette Round, Supervisor (714) 290-7772 or lynnetteround@ocfa.org
Captain Jeff Hughes (760) 473-1059 or jeffhughes@ocfa.org

WHO: Orange County Fire Authority (OCFA) firefighters along with Los Angeles County Urban Search & Rescue team members, Newport Beach Police Department members, military personnel, CrossFit affiliate members, and children compete in the "Trevor" Challenge. Visit www.occrossfit.com.

WHAT: The 4th Annual Trevor Win'E Memorial Challenge is a CrossFit Team WOD (workout of the day) designed to support our active duty military personnel who are currently deployed in the Middle East. Each participating team donates one cooling vest (\$200) to deployed service persons in Iraq or Afghanistan. Teams of four complete **300 Pull ups, 400 Push ups, 500 Sit ups, and 600 Squats**. This is a team effort so it is accumulative reps. The Challenge is in memory of Army SPC Trevor Anthony Win'E, from Orange, who was killed in the line of duty in Iraq in 2004. Trevor's uncle, who is a marine at Camp Pendleton, will be at the event with his team along with approximately 12 firefighter teams, three police department teams, 12 CrossFit teams, and five military teams. If you don't want to work out, sponsoring a team is encouraged! Military teams will be in attendance that need sponsors. **FREE** bbq lunch for all participants.

WHEN: Monday, May 31, 2010
9 a.m.

WHERE: OCFA Drill Grounds
1 Fire Authority Rd., Irvine 92602
Thomas Brothers Map 832-G7

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