



NEWS RELEASE

Orange County Fire Authority
Public Information Office
Captain Greg McKeown

1 Fire Authority Rd.
Irvine, CA 92602
(714) 573-6200
(714) 402-3739 mobile

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FOR IMMEDIATE RELEASE

Subject: Salute our Military Heroes on May 25 as the Orange County Fire Authority Hosts the 3rd Annual Trevor Win'E CrossFit Challenge

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

Irvine, CA - To salute our military heroes overseas, the Orange County Fire Authority (OCFA) is hosting the **3rd Annual Trevor Win'E Memorial Challenge** on **Monday, May 25 at 9 a.m.** at its training facility drill grounds, located at 1 Fire Authority Rd. in Irvine. The Challenge is in memory of Army SPC Trevor Anthony Win'E, 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 Challenge with his team along with approximately 12 fire department teams, 12 CrossFit teams, and five military teams.

"This is one way to do something meaningful for members of our military family serving under extremely difficult conditions far from home," said OCFA Battalion Chief Ron Blaul. "Come out and show your support to those who have made a difference in our world."

The 3rd 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 to deployed service person in Iraq or Afghanistan. Last year's Challenge raised over **\$51,000** and the cause was able to donate **364 cooling vests** to the folks who need them most. Join the cause and do it for the heroes! Teams of four complete **300 Pull ups, 400 Push ups, 500 Sit ups, and 600 Squats**

Don't panic at the amount, there are three lower levels to compete at. This is a team effort so it is accumulative reps. Only two teams members can exercise at a time, and all reps must be completed before moving on to the next movement (i.e. finish all pull ups before moving on to the push ups). There is a **free bbq lunch** for all participants.

"It's therapy for me and a way to honor my son," said Debi Win'E. "Each team's donated entry fee of \$200 will purchase one cooling vest and 100 percent of all entry fees are used to purchase and ship vests, in Trevor's name, to units deployed or about to deploy to Iraq or Afghanistan."

To donate for this great cause without participating in the challenge, go to www.trevorwine.com. To register for this event, come out on May 25 to 1 Fire Authority Road or visit www.crossfitorangecounty.com.

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