



24 HEROES IN 24 HOURS

ELEVENTH ANNUAL 24 HEROES IN 24 HOURS – 26 MAY 2023

CrossFit Mainline – Wayne, Pennsylvania, USA

<https://www.24heroes.com>

HERO WOD #1: 1LT Hines

Friday 0930



Background: This workout is dedicated to 1LT Derek Hines, who was killed in action on September 1, 2005 in Baylough, Afghanistan, when elements of Battle Company, 1st Platoon and Headquarters Platoon came under attack from enemy small arms fire while searching for the leader of a Taliban IED cell. 1LT Hines continued to return fire against the attacking enemy forces despite his fatal wounds. Born on July 9, 1980, 1LT Hines is remembered by his Paratroopers as an exceptional leader with a work ethic and competitiveness that went unmatched. His competitive nature translated into a truly relentless motivation to take the fight to the enemy that would consistently distinguish him under fire throughout Battle Company's deployment.

**For Total Reps (with a Partner)
Buy-In with a Buddy:**
•50 Push-Ups
•50 Sit-Ups
•50 Air Squats

Then, EMOM for 25 minutes of:
•100 meter Shuttle Run (50 meters to touch the Rock then 50 meters back)
•Plank Hold (alternating)

HERO WOD #2: BAZ

Friday 1030



Background:

Royal Marine Commando, Sergeant Barry Weston, 40, of Reading, England, serving with 42 Commando, Royal Marines was killed on August the 30th 2011, by a roadside bomb while leading a patrol near the village of Sukmanda in Afghanistan. Barry Weston is survived by his wife Joanne and their three daughters, Jasmine, Poppy and Rose.

“Baz” was said to have two great passions in life, the Royal Marines and his family. A loving husband and devoted father. He was a man that represented the highest standards and led his men in an exemplary fashion.

AMRAP in 30 minutes

- 30 Double-Unders
- 8 Squat Cleans (155/110 lb)
- 11 Hand Release Push-Ups

HERO WOD #3: Manion

Friday 1130



Background: Dedicated to First Lieutenant Travis Manion, 26, of Doylestown, PA, assigned to 1st Reconnaissance Battalion, 1st Marine Division, I Marine Expeditionary Force, based in Camp Pendleton, CA, killed by sniper fire on April 29, 2007, while fighting against an enemy ambush in Anbar Province, Iraq. He is survived by his father, Colonel Tom Manion, mother Janet Manion, and sister Ryan Borek.

According to Manion's sister, Ryan, the workout is comprised of some of her brother's favorite exercises. "This WOD was very deliberate in the way it was put together." She serves as president of the [Travis Manion Foundation @travismanionfoundation](https://www.travismanionfoundation.org/), which provides resources for veterans and hosts community service projects. "My brother was a wrestler at the Naval Academy and had very strong legs, so this WOD is all dedicated to legs," she says.

7 Rounds For Time

400 meter Run

29 Back Squats (135/95 lb)

HERO WOD #4: Smette

Friday 1230



Background: This workout is dedicated to North Dakota Army National Guard Sgt. Keith L. Smette, who died on January 24, 2004, while serving during Operation Iraqi Freedom.

Smette, 25, of Fargo, ND; assigned to the 975th Engineer Company, 130th Engineer Brigade, Army National Guard, Bismarck, ND; attached to Task Force All American; died Jan. 24 when his convoy was attacked by an improvised explosive device north of Fallujah, Iraq. ND Army National Guard Staff Sgt. Kenneth W. Hendrickson, 41, of Bismarck, ND, also died in the attack.

Smette volunteered to go to Iraq in January 2003 and withdrew from classes at NDSU to do so. He is survived by his parents, Douglas and Charlotte; his brother, Robert; his sister, Sarah; along with his grandparents and several other friends and family.

For Time (with a Partner) - 4,000/3,000 meter Row
While Partner A Rows, Partner B completes AMRAP of:

- 5 Toes-to-Bars
- 10 Wall Ball Shots (20/14 lb)
- 15 Push-Ups

(Switch as necessary!)

HERO WOD #5: Major Dale

Friday 1330



Background: Gulia Dale III was born on April 30, 1960 in Bridgeton, NJ. Directly after high school, he joined the active duty US Army and served until 1982, when he joined the National Guard and served another 25 years, retiring in 2004. He received his commission at Seton Hall University achieving the rank of Major. He was activated after September 11, 2001 and continued to serve his nation, including 3 tours of active duty in Iraq.

Dale suffered with PTSD, which became apparent to his family during his return from several tours in Iraq. 30% of military personnel who served in Iraq and Afghanistan have mental health challenges. Dale was one of those veterans.

Family members believe fireworks from neighboring homes may have caused flashbacks of combat that triggered a mental health crisis, which led his wife Karen to call the police for help to keep him from harming himself. Three Newton NJ police officers arrived outside Dale's home. Their body-worn cameras were activated and recorded the events that transpired. A rapid exchange of commands were shouted at Dale, and then within 30 seconds of arriving on the scene, two officers fired their guns, killing the decorated war veteran outside his home. He was killed on July 4, 2021 at the age of 61.

He is survived by his wife Karen, two daughters, Tori and Julia, several sisters, Pamela, Lorraine, Cynthia, Sandra, Valerie, and Tara.

7 Rounds for Time (Suggested partner WOD)

4 barbell deadlifts (225/155 lb)

21 Hand-release pushups

61 Double-Unders

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HERO WOD #6: The Thirteen

Friday 1430



The soldiers who sacrificed their lives were:

- Dylan Merola - 20
- Daegan William-Tyler Page - 23
- Humberto Sanchez - 22
- Johanny Rosario - 25
- Nicole Gee - 23
- Hunter Lopez - 22
- Taylor Hoover - 31
- Ryan Knauss - 23
- David Lee Espinoza - 20
- Rylee McCollum - 20
- Jared Schmitz - 20
- Kareem Nikoui - 20
- Max Soviak - 22

Background: This workout is dedicated to the 13 service members – 11 Marines, an Army Corpsman, and a Navy Corpsman – who died on August 26, 2021, at the airport in Kabul, Afghanistan, while engaged in a dangerous, selfless mission to save the lives of others. They were assisting in the evacuation of US Citizens and friendly Afghan nationals.

The [attack](#) marked one of the deadliest days for American forces in the past decade of the 20-year war in Afghanistan — and took place just days ahead of the U.S.'s planned full withdrawal from the country that was overtaken on Aug. 15 by the Taliban.

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13 Rounds for Time

•26 calorie Row

•8 Strict Pull-Ups

•21 Shoulder-to-Overheads (95/65 lb)

HERO WOD #7: Roy

Friday 1630



Background: Marine Corps Sgt. Michael C. Roy, 25, of North Fort Myers, FL, assigned to the 3rd Marine Special Operations Battalion, Marine Special Operations Advisor Group, Marine Corps Forces Special Operations Command at Camp Lejeune, was killed in action on July 8, 2009 in Nimroz Province, Afghanistan, while supporting combat operations.

He is survived by his wife Amy and three children, Michael, Landon, and Olivia.

5 Rounds For Time

- 15 Deadlifts (225/155 lb)
- 20 Box Jumps (24/20 in)
- 25 Pull-Ups

HERO WOD #8: Loredo

Friday 1630



Background: U.S. Army Staff Sergeant Edwardo Loredo, 34, of Houston, TX, assigned to the 2nd Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82d Airborne Division, based in Fort Bragg, NC, was killed on June 24, 2010 in Jelewar, Afghanistan, when insurgents attacked his unit with an improvised explosive device.

He is survived by his wife, First Sergeant Jennifer Loredo; his daughter, Laura Isabelle; his stepdaughter, Alexis; and his son, Eduardo Enrique.

The 6 rounds represent the month (June) and 24 repetitions represent the day Eddie died.

6 Rounds For Time

24 Air Squats

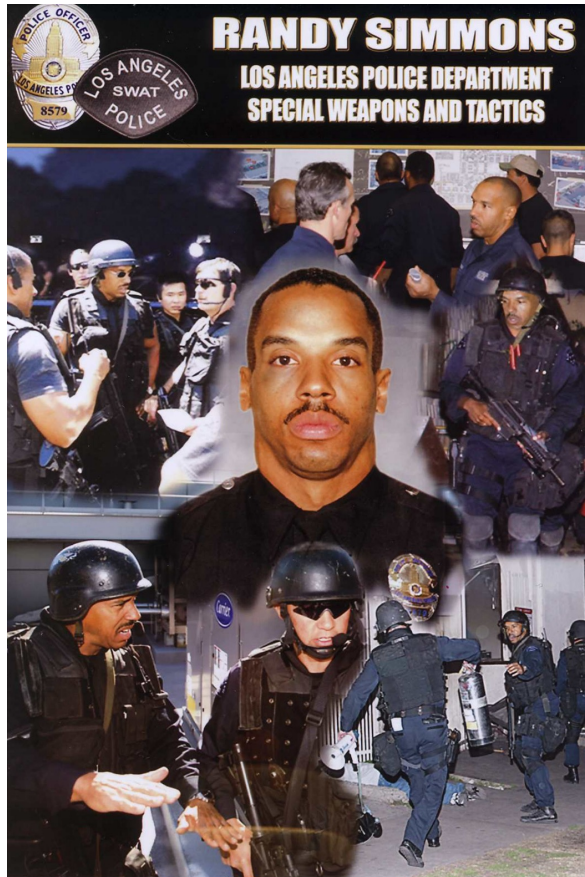
24 Push-Ups

24 Walking Lunges

400 meter Run

HERO WOD #9: Randy

Friday 1730



Background: Randy Simmons was a Los Angeles Police Department SWAT Officer who was tragically killed in the line of duty on February 7, 2008. He had one of the largest funerals in Los Angeles history because of his love and dedication to The City of Los Angeles. Randy Simmons was not just an elite police officer, he was also a community leader and mentor to hundreds of at-risk city kids that he recruited, mentored and helped to navigate through the often difficult and dangerous circumstances of their neighborhoods.

For Time
75 Power Snatches (75/55 lb)

<http://www.randalsimmons.org/>

HERO WOD #10: J.J.

Friday 1830



Background: U.S. Marine Lance Corporal Justin James “JJ” Wilson, 24, of Palm City, FL, assigned to 3rd Battalion, 10th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based in Camp Lejeune, NC, was killed on March 22, 2010, while supporting combat operations in Helmand province, Afghanistan.

He is survived by his wife Hannah McVeigh, parents Lance and Frances, brother Christopher, and sister Jamie-Ella.

Ascending/Descending workout For Time

1-10 Full Barbell Clean (185/135#)

10-1 Parallette Handstand Push-Ups

(1 clean, 10 HSPU, 2 cleans, 9 HSPU, 3 cleans, 8 HSPU, cont’d)

HERO WOD #11: Yllescas

Friday 1930



Background: This workout is dedicated to Captain Robert J. Yllescas, 31, who died on December 1, 2008 from wounds he suffered on October 28th when a makeshift bomb detonated near his unit in Afghanistan. He was assigned to the 6th Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team 1st Infantry Division out of Fort Hood, Texas. Rob loved Husker football, his family, and outdoor activities. He was a highly respected leader for his soldiers, and many were drawn to his friendly nature. Part of his story is also depicted in the film "[The Outpost](#)" (2019). Rob left behind his wife, Dena, and two daughters Julia and Eva.

For Total Reps

- Buy-In: 1 mile Run
 - then, AMRAP in 15 minutes of:
- 12 Push-Ups
- 10 Wall Ball Shots (20/14 lb, 10/9 ft)
- 28 Sit-Ups

NOTE: Wear a Weight Vest (20/14 lb)

HERO WOD #12: Donny

Friday 2030



Background: U.S. Army Specialist Donald L. Nichols, 21, of Shell Rock, IA, assigned to the 1st Battalion, 133rd Infantry Regiment, Iowa Army National Guard, based in Waterloo, IA, died April 13, 2011, in Laghman province, Afghanistan, of wounds suffered when insurgents attacked his unit using an improvised explosive device.

He is survived by his mother and stepfather, Roger and Becky Pooock; his father and stepmother, Jeff and Jeanie Nichols; and his brothers, Nick and Joe.

21-15-9-9-15-21 Reps, For Time
Deadlifts (225/155 lb)
Burpees

HERO WOD #13: Payne Train

Friday 2130



Background: This workout is dedicated to Canadian Military Police Corporals Randy Payne & Matt Dinning who were killed together on April 22, 2006, in Afghanistan while conducting a Close Protection mission. The men were killed when the armored G-Wagon they were riding in was struck by a roadside bomb near the Gumbad platoon house. Cpl. Dinning is survived by his parents, Lincoln and Laurie Dinning, and by his younger brother, Brandon. Cpl. Payne is survived by his parents, Dave and Nancee Payne, brother, Christopher, his wife, Jody, and kids, Jasmine and Tristan.

•For Time

- 300 meter Run - 5 Rounds of Cindy*
- 300 meter Run - 4 Rounds of Cindy*
- 300 meter Run - 3 Rounds of Cindy*
- 300 meter Run - 2 Rounds of Cindy*
- 300 meter Run - 1 Round of Cindy*
- 300 meter Run

**1 Round of Cindy is: 5 Pull-Ups, 10 Push-Ups, & 15 Air Squats.*

HERO WOD #14: Emily

Friday 2230



Background: 2nd Lt. Emily Jazmin Tatum Perez, 23, was killed Sept. 12, 2006, when her Humvee was struck by an IED as she was leading a convoy through Al Kifl, Iraq. She served in the 204th Support Battalion, 2nd Brigade, 4th Infantry Division of the U.S. Army.

Perez earned numerous awards for her military service, including the Bronze Star, Purple Heart, Army Commendation Medal, National Defense Service Medal, Iraq Campaign Medal, Global War on Terrorism Service Medal, Army Service Ribbon, Overseas Service Ribbon, and the Combat Action Badge. She was also posthumously awarded the NCAA Award of Valor in 2008.

Perez was the first female African-American officer in U.S. military history to die in combat and the first female West Point graduate to die in the Iraq War. She is survived by her parents, Daniel and Vicki; brother, Kevyn; and many classmates and friends.

10 Rounds for Time

30 Double-Unders

15 Pull-Ups

30 Air Squats

100 meter Sprint

2 minute Rest

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HERO WOD #15: FAAS Fit

Friday 2330



Background: The “Faas Fit” Hero WOD is dedicated to John Weston Faas, a US Navy SEAL who died during a helicopter crash in Afghanistan on Saturday, August 6, 2011. John graduated from Minnehaha Academy in 1998 where he was co-valedictorian of his class. He was also captain and quarterback of the football team. John spent many years practicing the martial arts and had a Black Belt in Tae Kwan Do at 12 years of age.

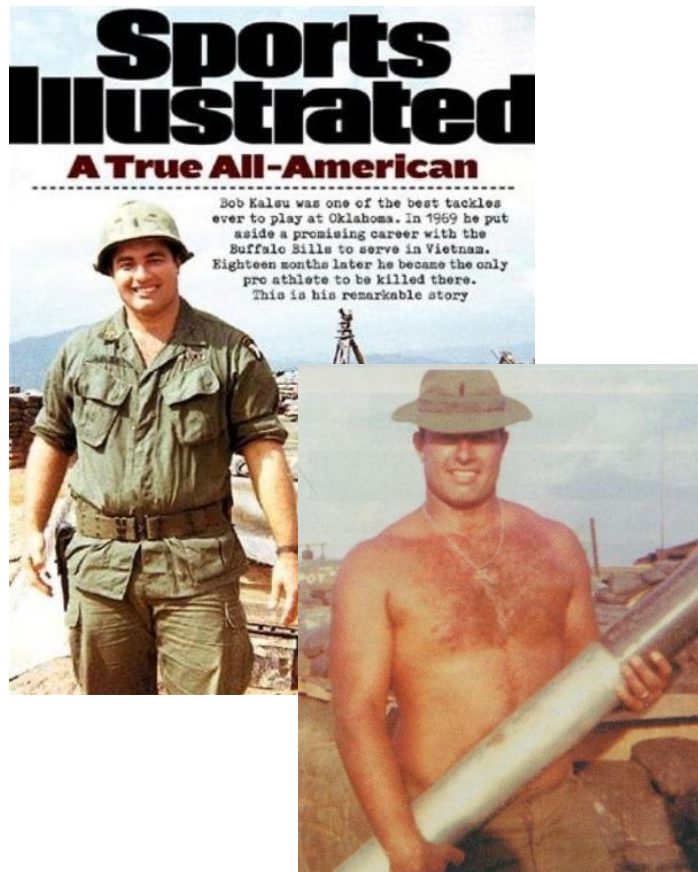
We first found the “Faas Fit” Hero WOD posted by CrossFit New England as part of their “24 Heroes in 24 Hours” fundraiser (these days, they call it the “24-Hour SEAL Team Challenge”) in October 2017, honoring fallen US Navy SEALs. They **modified it** as per our original suggestions to CFNE.

3 Rounds for Time (with a Partner)

- 10 Deadlifts (315/205 lb)
- 20 Pull-Ups
- 30 Kettlebell Snatches (53/35 lb)

HERO WOD #16: KALSU

Saturday 0030



Background: The “Kalsu” Hero WOD honors 1st Lt. James Robert Kalsu, 11th Artillery Regiment, 101st Airborne Division, U.S. Army, who was killed in action on July 21, 1970 in the A Shau Valley, Vietnam. **On lists of the hardest CrossFit workouts, “Kalsu,” is a frequent contender.**

1st Lt. Kalsu was an All-American Offensive Tackle who played a single season with the Buffalo Bills (US National Football League) before leaving professional football to serve in Vietnam. 1st Lt. Kalsu was offered a deferment as a professional football player, but opted to honor his commitment to serve in the military.

For Time:

•100 Thrusters (135/95 lb)

5 Burpees to start and at the top of every minute

Note: Partner up or suffer all day & night!

HERO WOD #17: Ollis

Saturday 0130



Background: This workout is dedicated to Staff Sergeant Michael Ollis who died on August 28, 2013, while saving the life of a fellow soldier during an attack on Forward Operating Base Ghazni in Afghanistan involving grenades, mortars, rockets, and a 3,000-pound bomb.

SSG Ollis was a Non-Commissioned Officer in B Company 2-22 IN. He lost his life after heroically shielding Polish Army Lieutenant Karol Cierpica from a suicide bomber, which took place after the two soldiers stood side-by-side and defended the base armed with only their rifles. SSG Ollis incapacitated the insurgent, but the vest detonated and mortally wounded him.

AMRAP in 22 minutes of:

- 200 meter Run
- 22 Deadlifts (185/125 lb)
- 22 Pull-Ups
- 22 Burpees
- 22 Russian KB Swings (53/35 lb)
- 22 Walking Lunges (L+R=1)

HERO WOD #18: Zimmerman

Saturday 0230



Background: U.S. Marine Corps First Lieutenant James R. Zimmerman, 25, of Aroostook, ME, assigned to 2nd Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based in Camp Lejeune, NC, died on November 2, 2010, while conducting combat operations in Helmand province, Afghanistan.

He is survived by his wife Lynel Winters, parents Tom and Jane, sister Megan, and brother Christian.

AMRAP in 25 minutes

11 Chest-to-Bar Pull-Ups

2 Deadlifts (315/205 lb)

10 Handstand Push-Ups

HERO WOD #19: Jenny

Saturday 0330



Background: 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. The “Jenny” Hero WOD was first posted on the CrossFit Main Site as the workout of the day for Friday, November 28, 2014 (“[141128](#)”). “Jenny” was the second female CrossFit Hero WOD, after “[White](#)” from 2011

AMRAP in 20 minutes

20 Overhead Squats (45/35 lb bar)

20 Back Squats (45/35 lb bar)

400 meter Run

HERO WOD #20: Wilmot

Saturday 0430



Background: Dedicated to Canadian Forces Private Colin Wilmot, 24, of Fredericton, NB, assigned to the Second Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI) Battle Group, based out of Edmonton, AB, who died on July 6, 2008 from wounds suffered when an explosive device detonated near him in the Panjwali District of Afghanistan.

He is survived by his fiancée Laura, father Eric Craig, and sister Kathleen.

6 Rounds For Time

50 Air Squats

25 Ring Dips

(Suitable scale: bench dips, floor dips, reverse table top holds)

HERO WOD #21: Moreno

Saturday 0530



Background: This Hero WOD is dedicated to Officer Diego Moreno of the Kent Police Department, Kent, Washington. Officer Moreno paid the ultimate price in the line of duty when he was struck by a vehicle involved in a police pursuit on July 22, 2018.

Officer Moreno, an 8-year veteran of the Kent Police Department, was 35 years old when he was killed. During his career, he was awarded 3 life-saving medals, a Chief's Award of Exceptional Duty and the Award of Duty and Sacrifice (posthumously).

He is survived by his wife and two young children. This WOD was submitted to us by Diego's mother, Lizzie, who shared "Diego Moreno was a very charismatic and sensitive human being; that kind of guy that everybody adored. All he did in life he did with passion. He was very fit and liked to work out on his own terms...The WOD 2K Row and 56 burpees was designed to honor him as his radio call sign was 2K56."

For Time

2,000 meter Row

56 Burpees

HERO WOD #22: Griff

Saturday 0630



Background: In honor of USAF SSgt Travis L. Griffin, 28, who was killed April 3, 2008 in the Rasheed district of Baghdad by an IED strike to his vehicle.

Staff Sgt. Travis Griffin knew the dangers of serving in Iraq, but the 28-year-old volunteered anyway as part of a yearlong deployment to help train Iraqi police officers. Griffin was on patrol in central Baghdad when his vehicle encountered a roadside bomb and he was killed, officials at Kirtland Air Force Base confirmed late Friday.

Griffin, who had served in the Air Force for nearly nine years, was a member of the 377th Security Forces Squadron at Kirtland. He had been stationed at the Albuquerque base since July 2004.

Travis is survived by his son Elijah.

For Time

800 meter Run

400 meter Run (backwards)

800 meter Run

400 meter Run (backwards)

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HERO WOD #23: Red Horse

Saturday 0730



Background: Navy pilots Lt. Cmdr. Landon L. Jones, 35, and Chief Warrant Officer 3 Jonathan S. Gibson, 32, died after their MH-60S helicopter broke its chains and slid off the flight deck of the USS William P. Lawrence on the afternoon of Sept. 22, 2013, the result of a large wave hitting the aircraft as the ship rolled violently. Both men were still inside the aircraft when it plunged overboard.

In a 10-page assessment of the investigation, which was made [public](#) by the Navy, Harris faulted a decision by the Lawrence's commanding officer to turn the ship immediately after the helicopter landed on the flight deck. Combined with the ship's speed, the move put the vessel into rough "quartering seas," he said, causing it to roll as large waves hit the deck.

AMRAP in 10 minutes 17 seconds of:

- 9 Thrusters (95/65 lb)
- 22 Burpees
- 13 Kettlebell Swings (53/35 lb)
- 500 meter Row

HERO WOD #24: MURPH

Saturday 0830



Background: In memory of Navy Lieutenant Michael P. Murphy, 29, of Patchogue, NY, who was killed in Afghanistan June 28, 2005. A U.S. Navy SEAL officer, Murphy was awarded the U.S. military's highest decoration, the Medal of Honor, for his actions during the War in Afghanistan. His other posthumous awards include the Silver Star Medal (which was later upgraded to the Medal of Honor) and the Purple Heart.

The "Murph" Hero WOD was originally posted on the CrossFit Main Site as the WOD for August 18, 2005, where the post said "This workout was one of Mike's favorites and he'd named it 'Body Armor.' From here on it will be referred to as 'Murph' in honor of the focused warrior and great American who wanted nothing more in life than to serve this great country and the beautiful people who make it what it is." "Murph" has become one of the most famous CrossFit workouts, globally, especially as a tribute on U.S. Memorial Day as "Memorial Day Murph."

For Time (with 20/14# vest)

1 mile Run

100 Pull-Ups

200 Push-Ups

300 Air Squats

1 mile Run

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