



Ten Year Anniversary

24 HEROES IN 24 HOURS



HERO WOD #1: Donny

Friday 0930



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 #2: Wilmot

Friday 1030



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

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: Nick Sloan

Friday 1230



Background: In honor of Nick Sloan who along with his dog Chance tragically passed away in a car accident on February 12, 2017. Nick was a member of CrossFit Thunder Hill. He was a wonderful dad, son, brother and friend, and served 6 years in the Army National Guard.

Nick was a fun-loving, hard-working and genuinely nice guy. He had an infectious smile, energy & laugh. He is missed tremendously by his family and friends.

5 rounds, for time of:

5 HSPU

Run 200m

10 Toes to bar

10 Push Press (95/65)

10 Burpees over the bar

HERO WOD #5: The Oklahoma Standard

Friday 1330



Background: This tribute workout is dedicated to the victims of the Oklahoma City Bombing that happened on April 19, 1995.

The Oklahoma City bombing was a domestic terrorist truck bombing of the Alfred P. Murrah Federal Building in Oklahoma City, Oklahoma, United States. Perpetrated by American terrorists, Timothy McVeigh (*noted white supremacist and incel*) and Terry Nichols, the bombing happened at 9:02 am and killed at least 168 people, including numerous women and children, injured more than 680 others, and destroyed more than one-third of the building, which had to be demolished.

The rep scheme signifies:

- 4 rounds, 19-19-95 reps for the date when the bombing happened
- 168 Burpee Box Jumps for the number of victims who died because of the bombing.

4 Rounds for Time (with a Partner)

19 Synchro Lunges (45/25 lb)

19 Synchro Push-Ups

95 Wall Ball Shots (20/14 lb)

Buy-Out: 168 Burpee Box Jumps (24/20 in)

HERO WOD #6: Brenton

Friday 1430



Background: Dedicated to Field Training Officer Timothy Quinn Brenton, 39, of the Seattle Police Department, who was shot and killed in a drive-by shooting while on duty on October 31, 2009. He is survived by his wife Lisa, his son Quinn, and daughter Kayliegh.

The “Brenton” Hero WOD was first posted on the CrossFit Main Site as the workout of the day for October, 21, 2010

5 Rounds For Time

100 foot Bear Crawl

100 foot Standing Broad-Jumps

Perform 3 Burpees after every 5 Broad-Jumps

Wear a Weight Vest (20/14 lb)

HERO WOD #7: Loredo

Friday 1530



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 Jejewar, 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 #8: Job's Challenge

Friday 1630



Background: On the morning of August 2, 2006, on a rooftop in Ramadi, Ryan Job was shot in the face by a sniper. While his SEALs worked to save his life, Ryan regained consciousness, told them that he was OK, “then as if raising from the dead he stood up and evacuated himself while his team covered him as they shot their way to an awaiting Bradley.”

Ryan said that if it were not for his training and his fellow SEALs who cared for him, he would have died that day. The wound rendered Ryan blind, forcing him to medically retire from the Navy.

WOD Created by CrossFit New England [@cfne](#) (Boston, MA) for their 2015 24 Heroes in 24 Hour event. (Hi guys!)

3 Rounds for Time (in a Team of 3 (or more!))

20 Burpees

15 Pull-Ups

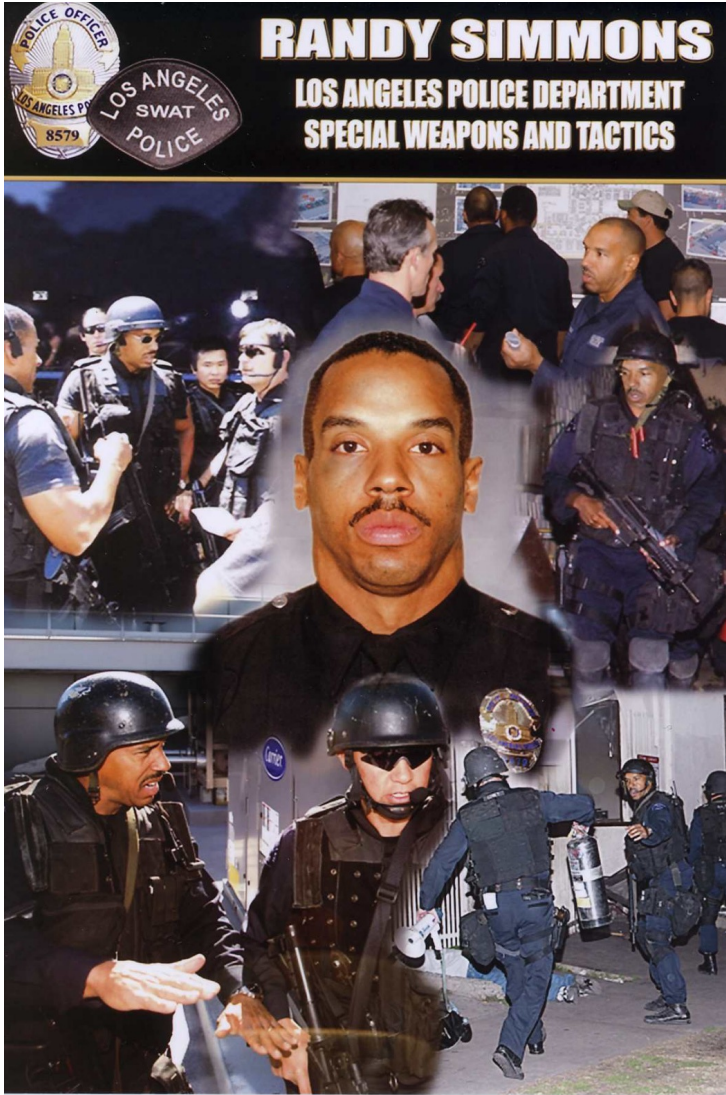
60 Jumping Lunges

25 Push-Ups

1,000 meter Row

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: Maxton

Friday 1930



Background: This workout is dedicated to Maxton Soviak, a Navy corpsman from Erie County, who was one of 13 Americans killed in the suicide bombing that took place at the Kabul, Afghanistan airport on August 26, 2021.

Maxton Soviak, a Berlin Heights native who graduated from Edison High School in 2017, was killed when two suicide bombers detonated explosives near the airport gate. The attack killed 13 Americans and more than 100 Afghans, while 100 more were wounded.

The rep scheme signifies:

- 13 rounds to honor the 13 US troops killed in action
- 8-26-21 reps for the date of the attack.

13 Rounds for Time

8 Strict Pull-Ups

26 Box Step-Ups (24/20 in)

21 Burpees

Wear a Weight Vest (20/14 lb)

HERO WOD #12: The Fuhrmannator

Friday 2030



Background: Dedicated to Specialist Ray Michael Fuhrmann, II, United States Army, who died 18 Aug 2005 in Samarra, Iraq, when an improvised explosive device detonated near his HMMWV following a mine assessing mission.

“As a medic, Ray M. Fuhrmann II probably saved more lives in Iraq over the three years than most emergency room doctors. “Ray saved everybody — Iraqis, soldiers, anybody. He didn’t care,” said his wife, Tylea. “He even tried to go to the Iraqi hospitals to help people who were wounded.””

6 Rounds for Time

100 meter Run

5 Burpees

10 Kettlebell Swings (53/35 lb)

15 Deadlifts (95/65 lb)

20 Back Squats (95/65 lb)

HERO WOD #13: Bruck

Friday 2130



Background: U.S. Coast Guard Petty Officer Third Class Nathan B. Bruckenthal, 24, of Smithtown, NY, assigned to Tactical Law Enforcement Team South, Law Enforcement Detachment 403, based at Coast Guard Air Station Miami in Florida, was killed on April 24, 2004, at the Khawr Al Amaya Oil Terminal off the coast of Iraq when a boat that he and his team intercepted near the terminal exploded.

He is survived by his wife Pattie, daughter Harper, born after his death, father Eric, mother Laurie Bullock, and sister Noabeth. The “Bruck” Hero WOD was first posted on the CrossFit main site as the workout of the day for Wednesday, June 26, 2013

4 Rounds For Time

400 meter Run

24 Back Squats (185/135 lb)

24 Jerks (135/95 lb)

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

HERO WOD #15: Michael

Friday 2330



Background: In honor of Navy Lieutenant Michael McGreevy, 30, of Portville, NY, who was killed in Afghanistan on June 28 2005.

“Michael” was CrossFit’s second hero WOD(after [“J.T.”](#)), posted on the CrossFit Main Site as the workout of the day for July 15, 2005 (050715). The post said: “With heavy hearts we offer our prayers and condolences to his wife, Laura, and 14-month-old daughter, Molly. The price of freedom, and its worth, is found in Michael’s passing. The debt owed to Michael and his family can never be repaid but only honored by remembering Michael and remaining free.”

3 Rounds For Time
800 meter Run
50 Back Extensions
50 Sit-Ups

HERO WOD #16: Small

Saturday 0030



Background: Dedicated to U.S. Army Staff Sergeant Marc Small, 29, of Collegeville, PA, assigned to 1st Battalion, 3rd Special Forces Group (Airborne), based in Fort Bragg, NC, who died on February 12, 2009, from wounds sustained when insurgents attacked his unit with a rocket-propelled grenade launcher and small arms fire in Faramuz, Afghanistan.

He is survived by his father and stepmother, Murray and Karen, mother and stepfather, Mary and Peter MacFarland, and fiancée Amanda Charney.

3 Rounds For Time

1,000 meter Row

50 Burpees

50 Box Jumps (24/20 in)

800 meter Run

HERO WOD #17: Jimmy D.

Saturday 0130



Background: In honor of New Brunswick, NJ Fire Department Deputy Chief James D'Heron (Jimmy D).

During his career with the NBFD, Jimmy helped many. In 1984, he saved the life of a city resident. In 1995, in two separate incidents, Jimmy saved the life of a 5 year old child and carried a man in his mid 50's out of a burning house. He received department honors for all three acts of valor, the Bronze Commendation in 1984, the Department Medal of Honor and the Grand Cordon Citation; both in 1995.

Jimmy D was killed in the line of duty on September 3, 2004. Jim made the ultimate sacrifice responding to a house fire call by giving his life to save the residents that were sleeping inside. Jim saved the lives of 15 people that day. His life will go on forever through everyone he has ever come in contact with.

15 min AMRAP:

15 Hang Power Cleans (95/65)

15 Wallballs (20/14)

15 Box Jumps (24/20)

3 Burpees EMOM

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: D.G.

Saturday 0430



Background: U.S. Air Force Major Walter David Gray, 38, of Conyers, GA, assigned to the 13th Air Support Operations Squadron, based in Fort Carson, CO, 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.

The “DG” Hero WOD was first posted on the CrossFit Main Site as the workout of the day for Thursday, December 26, 2013

AMRAP in 10 minutes

8 Toes-to-Bars

8 Dumbbell Thrusters (35/25 lb)

12 Dumbbell Walking Lunges (35/25 lb)

HERO WOD #21: Charlie

Saturday 0530



Background: This British Hero WOD is dedicated to W02 Charlie Wood of 23rd Pioneers, 34 years old, who died in an explosion in Afghanistan on December 28, 2010.

Three days before he died, Charlie Wood organized a Christmas dinner for 150 troops to enjoy.

In a bid to lift their spirits while serving in Afghanistan, he also arranged a visit from Santa for the lads he called his 'kids'.

This Hero WOD is also dedicated to John Howard and Steven Dunn who died the same month.

For Time

100 Burpee Pull-Ups

100 Double-Unders

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)

HERO WOD #23: Moreno

Saturday 0730



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 #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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