



# 135 CROSSFIT HERO WODS

THE TOUGHEST WORKOUTS YOU'LL EVER DO

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A good workout puts me back on track and keeps me ready for adventure like nothing else *but* sometimes coming up with a good workout is half the struggle. For this reason, when I want a near-perfect workout that will test my strength and cardio better than any other, I always go for the Crossfit Hero WODs.

The Hero WODs are the best functional workouts you'll ever do. Each workout is backed by the stories of Spartan like heroes, warriors, and protectors that made the ultimate sacrifice. These "Hero WODs" each commemorate one of the fallen. So when the burn and pain hit, and you're thinking of calling quits to your workout early, their story just might give you a touch of motivation to make it through.

Read on for a list of the Hero WODs followed by the stories commemorating the heros.

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## CONTENTS

- The Crossfit Hero WODs
  - The Hero Stories
  - Related Links
    - Travel Workouts
    - The Crossfit Benchmark Workouts
    - Hotel Room Workouts
- 

## THE 135 CROSSFIT HERO WODS

The following is a list of the 135 Crossfit Hero WODs. Each workout is named for a fallen hero in commemoration of their Spartan style warrior spirit and their unfaltering dedication to building and maintaining a body ready for anything. Continue reading passed the list to hear the stories and sacrifices of these warriors, fitness athletes, and Crossfit heroes.

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- Crossfit Benchmark WODS (The Crossfit Girls WODs): Great workouts for anytime
  - 100+ Crossfit Travel WODs: No equipment workouts for times on the road
  - Hotel WODs: Crossfit workouts that you can do in your hotel room, with no equipment
  - The Crossfit Hero WODs: Workouts that will leave you smoked, and closer to your goals
  - 5 Great Rucking Workouts
- 
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## JT

- 21-15-9 reps for time of:
  - Handstand push-ups
  - Ring dips
  - Push-ups
- 

## Michael

- 3 rounds for time of:
  - Run 800 m
  - 50 back extensions
  - 50 sit-ups
- 

## Murph

- For time:
  - 1 mile Run
  - 100 Pull-ups
  - 200 Push-ups
  - 300 Squats
  - 1 mile Run
-



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## Daniel

- For time:
  - 50 Pull-ups
  - 400 meter run
  - 95 pound Thruster, 21 reps
  - 800 meter run
  - 95 pound Thruster, 21 reps
  - 400 meter run
  - 50 Pull-ups
- 

## Josh

- For time:
  - 95 pound Overhead squat, 21 reps
  - 42 Pull-ups
  - 95 pound Overhead squat, 15 reps
  - 30 Pull-ups
  - 95 pound Overhead squat, 9 reps
  - 18 Pull-ups
- 

## Jason

- For time:
  - 100 Squats
  - 5 Muscle-ups
  - 75 Squats
  - 10 Muscle-ups
  - 50 Squats
  - 15 Muscle-ups
  - 25 Squats
  - 20 Muscle-ups
-



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## **Badger**

- Complete three rounds for time of:
  - 95 pound Squat clean, 30 reps
  - 30 Pull-ups
  - Run 800 meters
- 

## **Joshie**

- Complete three rounds for time of:
  - 40 pound Dumbbell snatch, 21 reps, right arm
  - 21 L Pull-ups
  - 40 pound Dumbbell snatch, 21 reps, left arm
  - 21 L Pull-ups
- 

## **Nate**

- Complete as many rounds in twenty minutes as you can of:
  - 2 Muscle-ups
  - 4 Handstand Push-ups
  - 8 2-Pood Kettlebell swings
- 

## **Randy**

- 75 pound Power snatch, 75 reps for time.
- 

## **Tommy V**

- 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
- 

## Griff

- For time:
  - Run 800 meters
  - Run 400 meters backwards
  - Run 800 meters
  - Run 400 meters backwards
- 

## Ryan

- Five rounds for time of:
  - 7 Muscle-ups
  - 21 Burpees
- 

## Erin

- Five rounds for time of: 40 pound Dumbbells split clean, 15 reps 21 Pull-ups
- 

## Mr. Joshua

- Five rounds for time of:
  - Run 400 meters
  - 30 Glute-ham sit-ups
  - 250 pound Deadlift, 15 reps
-



## DT

- Five rounds for time of:
  - 155 pound Deadlift, 12 reps
  - 155 pound Hang power clean, 9 reps
  - 155 pound Push jerk, 6 reps
- 

## Danny

- Complete as many rounds in 20 minutes as you can of:
  - 24 inch Box Jump, 30 reps
  - 115 pound Push Press, 20 reps
  - 30 Pull-ups
- 

## Hansen

- Five rounds for time of:
  - 55lb Kettlebell swing, 30 reps
  - 30 Burpees
  - 30 Glute-ham sit-ups
- 

## Tyler

- Five rounds for time of:
  - 7 Muscle-ups
  - 95 pound Sumo-deadlift high-pull, 21 reps
- 

## Lumberjack 20

- 20 Deadlifts (275lbs)
  - Run 400m
  - 20 KB swings (55lbs)
-



- 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
- 

## **Stephen**

- 30-25-20-15-10-5 rep rounds of:
  - GHD sit-up
  - Back extension
  - Knees to elbow
  - 95 pound Stiff legged deadlift
- 

## **Garrett**

- Three rounds for time of:
  - 75 Squats
  - 25 Ring handstand push-ups
  - 25 L-pull-ups
- 

## **War Frank**

- Three rounds for time of:
  - 25 Muscle-ups
  - 100 Squats
  - 35 GHD situps
-



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## McGhee

- Complete as many rounds in 30 minutes as you can of:
  - 275 pound Deadlift, 5 reps
  - 13 Push-ups
  - 9 Box jumps, 24 inch box
- 

## Paul

- Five rounds for time of:
  - 50 Double unders
  - 35 Knees to elbows
  - 185 pound Overhead walk, 20 yards
- 

## Jerry

- For time:
  - Run 1 mile
  - Row 2K
  - Run 1 mile
- 

## Nutts

- For time:
  - 10 Handstand push-ups
  - 250 pound Deadlift, 15 reps
  - 25 Box jumps, 30 inch box
  - 50 Pull-ups
  - 100 Wallball shots, 20 pounds, 10'
  - 200 Double-unders
  - Run 400 meters with a 45lb plate
-



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## Arnie

- With a single 55lb kettlebell:
  - 21 Turkish get-ups, Right arm
  - 50 Swings
  - 21 Overhead squats, Left arm
  - 50 Swings
  - 21 Overhead squats, Right arm
  - 50 Swings
  - 21 Turkish get-ups, Left arm
- 

## The Seven

- Seven rounds for time of:
  - 7 Handstand push-ups
  - 135 pound Thruster, 7 reps
  - 7 Knees to elbows
  - 245 pound Deadlift, 7 reps
  - 7 Burpees
  - 7 Kettlebell swings, 2 pood
  - 7 Pull-ups
- 

## RJ

- Five rounds for time of:
  - Run 800 meters
  - 15 ft Rope Climb, 5 ascents
  - 50 Push-ups
- 

## Luce

- Wearing a 20 pound vest, three rounds for time of:
-



- 1K Run
  - 10 Muscle-ups
  - 100 Squats
- 

## **Johnson**

- Complete as many rounds in 20 minutes as you can of:
  - 245 pound Deadlift, 9 reps
  - 8 Muscle-ups
  - 155 pound Squat clean, 9 reps
- 

## **Roy**

- Five rounds for time of:
  - 225 pound Deadlift, 15 reps
  - 20 Box jumps, 24 inch box
  - 25 Pull-ups
- 

## **Adambrown**

- Two rounds for time of:
  - 295 pound Deadlift, 24 reps
  - 24 Box jumps, 24 inch box
  - 24 Wallball shots, 20 pound ball
  - 195 pound Bench press, 24 reps
  - 24 Box jumps, 24 inch box
  - 24 Wallball shots, 20 pound ball
  - 145 pound Clean, 24 reps
- 

## **Coe**

- Ten rounds for time of:
-



- 95 pound Thruster, 10 reps
  - 10 Ring push-ups
- 

## Severin

- 50 Strict Pull-ups
  - 100 Push-ups, release hands from floor at the bottom
  - Run 5K
  - If you've got a twenty pound vest or body armor, wear it.
- 

## Helton

- Three rounds for time of:
  - Run 800 meters
  - 50 pound Dumbbell squat cleans, 30 reps
  - 30 Burpees
- 

## Jack

- Complete as many rounds as possible in 20 minutes of:
  - 115 pound Push press, 10 reps
  - 10 KB Swings, 1.5 pood
  - 10 Box jumps, 24 inch box
- 

## Forrest

- Three rounds for time of:
  - 20 L-pull-ups
  - 30 Toes to bar
  - 40 Burpees
  - Run 800 meters
-



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## Bulger

- Ten rounds for time of:
  - Run 150 meters
  - 7 Chest to bar pull-ups
  - 135 pound Front squat, 7 reps
  - 7 Handstand push-ups
- 

## Brenton

- Five rounds for time of:
  - Bear crawl 100 feet
  - Standing broad-jump, 100 feet
  - Do three Burpees after every five broad-jumps. If you've got a twenty pound vest or body armor, wear it.
- 

## Blake

- Four rounds for time of:
  - 100 foot Walking lunge with 45lb plate held overhead
  - 30 Box jump, 24 inch box
  - 20 Wallball shots, 20 pound ball
  - 10 Handstand push-ups
- 

## Collin

- Six rounds for time of:
  - Carry 50 pound sandbag 400 meters
  - 115 pound Push press, 12 reps
  - 12 Box jumps, 24 inch box
  - 95 pound Sumo deadlift high-pull, 12 reps
-



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## Thompson

- 10 rounds for time of:
  - 15 ft Rope Climb, 1 ascent
  - 95 pound Back squat, 29 reps
  - 135 pound barbells Farmer carry, 10 meters
  - Begin the rope climbs seated on the floor.
- 

## Whitten

- Five rounds for time of:
  - 22 Kettlebell swings, 2 pood
  - 22 Box jump, 24 inch box
  - Run 400 meters
  - 22 Burpees
  - 22 Wall ball shots, 20 pound ball
- 

## Bull

- Two rounds for time of:
  - 200 Double-unders
  - 135 pound Overhead squat, 50 reps
  - 50 Pull-ups
  - Run 1 mile
- 

## Rankel

- Complete as many rounds as possible in 20 minutes of:
  - 225 pound Deadlift, 6 reps
  - 7 Burpee pull-ups
  - 10 Kettlebell swings, 2 pood
  - Run 200 meters
-



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## Holbrook

- Ten rounds, each for time of:
  - 115 pound Thruster, 5 reps
  - 10 Pull-ups
  - 100 meter Sprint
  - Rest 1 minute
- 

## Ledesma

- Complete as many rounds as possible in 20 minutes of:
  - 5 Parallette handstand push-ups
  - 10 Toes through rings
  - 20 pound Medicine ball cleans, 15 reps
- 

## Wittman

- Seven rounds for time of:
  - 1.5 pood Kettlebell swing, 15 reps
  - 95 pound Power clean, 15 reps
  - 15 Box jumps, 24" box
- 

## McCluskey

- Three rounds of:
  - 9 Muscle-ups
  - 15 Burpee pull-ups
  - 21 Pull-ups
  - Run 800 meters
  - If you've got a twenty pound vest or body armor, wear it.
-



## Weaver

- Four rounds for time of:
  - 10 L-pull-ups
  - 15 Push-ups
  - 15 Chest to bar Pull-ups
  - 15 Push-ups
  - 20 Pull-ups
  - 15 Push-ups
- 

## Abbate

- Run 1 mile
  - 155 pound Clean and jerk, 21 reps
  - Run 800 meters
  - 155 pound Clean and jerk, 21 reps
  - Run 1 Mile
- 

## Hammer

- Five rounds, each for time, of:
  - 135 pound Power clean, 5 reps
  - 135 pound Front squat, 10 reps
  - 135 pound Jerk, 5 reps
  - 20 Pull-ups
  - Rest 90 seconds
- 

## Moore

- Complete as many rounds in 20 minutes as you can of:
  - 15 ft Rope Climb, 1 ascent
  - Run 400 meters
  - Max rep Handstand push-up
-



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## **Wilmot**

- Six rounds for time of:
  - 50 Squats
  - 25 Ring dips
- 

## **Moon**

- Seven rounds for time of:
  - 40 pound dumbbell Hang split snatch, 10 reps Right arm
  - 15 ft Rope Climb, 1 ascent
  - 40 pound dumbbell Hang split snatch, 10 reps Left arm
  - 15 ft Rope Climb, 1 ascent
  - Alternate feet in the split snatch sets.
- 

## **Small**

- Three rounds for time of:
  - Row 1000 meters
  - 50 Burpees
  - 50 Box jumps, 24" box
  - Run 800 meters
- 

## **Morrison**

- 50-40-30-20 and 10 rep rounds of:
  - Wall ball shots, 20 pound ball
  - Box jump, 24 inch box
  - Kettlebell swings, 1.5 pood
-



## Manion

- Seven rounds for time of:
  - Run 400 meters
  - 135 pound Back squat, 29 reps
- 

## Gator

- Eight rounds for time of:
  - 185 pound Front squat, 5 reps
  - 26 Ring push-ups
- 

## Bradley

- 10 rounds for time of:
  - Sprint 100 meters
  - 10 Pull-ups
  - Sprint 100 meters
  - 10 Burpees
  - Rest 30 seconds
- 

## Meadows

- For time:
  - 20 Muscle-ups
  - 25 Lowers from an inverted hang on the rings, slowly, with straight body and arms
  - 30 Ring handstand push-ups
  - 35 Ring rows
  - 40 Ring push-ups
- 

## Santiago

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- Seven rounds for time of:
  - 35 pound Dumbbell hang squat clean, 18 reps
  - 18 Pull-ups
  - 135 pound Power clean, 10 reps
  - 10 Handstand push-ups
- 

## Carse

- 21-18-15-12-9-6-3 reps for time of:
  - 95 pound Squat clean
  - Double-under
  - 185 pound Deadlift
  - 24" Box jump
  - Begin each round with a 50 meter Bear crawl.
- 

## Bradshaw

- 10 rounds for time of:
  - 3 Handstand push-ups
  - 225 pound Deadlift, 6 reps
  - 12 Pull-ups
  - 24 Double-unders
- 

## White

- Five rounds for time of:
  - 15' Rope climb, 3 ascents
  - 10 Toes to bar
  - 21 Walking lunge steps with 45lb plate held overhead
  - Run 400 meters
- 

## Santora

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- Three rounds for reps of:
  - 155 pound Squat cleans, 1 minute
  - 20' Shuttle sprints (20' forward + 20' backwards = 1 rep), 1 minute
  - 245 pound Deadlifts, 1 minute
  - Burpees, 1 minute
  - 155 pound Jerks, 1 minute
  - Rest 1 minute
- 

## Wood

- 5 Rounds for time of:
  - Run 400 meters
  - 10 Burpee box jumps, 24" box
  - 95 pound Sumo-deadlift high-pull, 10 reps
  - 95 pound Thruster, 10 reps
  - Rest 1 minute
- 

## Hidalgo

- For time:
  - Run 2 miles
  - Rest 2 minutes
  - 135 pound Squat clean, 20 reps
  - 20 Box jump, 24" box
  - 20 Walking lunge steps with 45lb plate held overhead
  - 20 Box jump, 24" box
  - 135 pound Squat clean, 20 reps
  - Rest 2 minutes
  - Run 2 miles
  - If you've got a twenty pound vest or body armor, wear it.
- 

## Ricky



- Complete as many rounds as possible in 20 minutes of:
  - 10 Pull-ups
  - 75 pound dumbbell Deadlift, 5 reps
  - 135 pound Push-press, 8 reps
- 

## Dae Han

- Three rounds for time of:
  - Run 800 meters with a 45 pound barbell
  - 15 foot Rope climb, 3 ascents
  - 135 pound Thruster, 12 reps
- 

## Desforges

- Five rounds for time of:
  - 225 pound Deadlift, 12 reps
  - 20 Pull-ups
  - 135 pound Clean and jerk, 12 reps
  - 20 Knees to elbows
- 

## Rahoi

- Complete as many rounds as possible in 12 minutes of:
  - 24 inch Box Jump, 12 reps
  - 95 pound Thruster, 6 reps
  - 6 Bar-facing burpees
- 

## Zimmerman

- Complete as many rounds as possible in 25 minutes of:
  - 11 Chest-to-bar pull-ups
  - 2 Deadlifts, 315 pounds
-



- 10 Handstand push-ups
  - Post rounds completed to comments.
- 

## Klepto

- 4 rounds for time of:
  - 27 Box jumps, 24" box
  - 20 Burpees
  - 11 Squat cleans, 145 pounds
- 

## Del

- For Time:
  - 25 Burpees
  - Run 400 meters with a 20 pound medicine ball
  - 25 Weighted pull-ups with a 20 pound dumbbell
  - Run 400 meters with a 20 pound medicine ball
  - 25 Handstand push-ups
  - Run 400 meters with a 20 pound medicine ball
  - 25 Chest-to-bar pull-ups
  - Run 400 meters with a 20 pound medicine ball
  - 25 Burpees
- 

## Pheezy

- Three rounds for time of:
  - 165 pound Front squat, 5 reps
  - 18 Pull-ups
  - 225 pound Deadlift, 5 reps
  - 18 Toes-to-bar
  - 165 pound Push jerk, 5 reps
  - 18 Hand-release push-ups
-



## J.J.

- For time:
  - 185 pound Squat clean, 1 rep
  - 10 Parallette handstand push-ups
  - 185 pound Squat clean, 2 reps
  - 9 Parallette handstand push-ups
  - 185 pound Squat clean, 3 reps
  - 8 Parallette handstand push-ups
  - 185 pound Squat clean, 4 reps
  - 7 Parallette handstand push-ups
  - 185 pound Squat clean, 5 reps
  - 6 Parallette handstand push-ups
  - 185 pound Squat clean, 6 reps
  - 5 Parallette handstand push-ups
  - 185 pound Squat clean, 7 reps
  - 4 Parallette handstand push-ups
  - 185 pound Squat clean, 8 reps
  - 3 Parallette handstand push-ups
  - 185 pound Squat clean, 9 reps
  - 2 Parallette handstand push-ups
  - 185 pound Squat clean, 10 reps
  - 1 Parallette handstand push-up

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## Jag 28

- For time:
  - Run 800 meters
  - 28 Kettlebell swings, 2 pood
  - 28 Strict Pull-ups
  - 28 Kettlebell clean and jerk, 2 pood each
  - 28 Strict Pull-ups
  - Run 800 meters

---

## Brian



- Three rounds for time of:
  - 15 foot Rope climb, 5 ascents
  - 185 pound Back squat, 25 reps
- 

## Nick

- 12 rounds for time of:
  - 45 pound Dumbbell hang squat clean, 10 reps
  - 6 Handstand push-ups on dumbbells
- 

## Strange

- Eight rounds for time of:
  - 600 meter Run
  - 1.5 pood Weighted pull-up, 11 reps
  - 11 Walking lunge steps, carrying 1.5 pood kettlebells
  - 1.5 pood Kettlebell thruster, 11 reps
- 

## Tumilson

- 8 rounds for time of:
  - Run 200 meters
  - 11 Dumbbell burpee deadlifts, 60 pound dumbbells
- 

## Ship

- Nine rounds for time of:
  - 185 pound Squat clean, 7 reps
  - 8 Burpee box jumps, 36" box
-



## Jared

- 4 rounds for time of:
  - Run 800 meters
  - 40 Pull-ups
  - 70 Push-ups
- 

## Tully

- Four rounds for time of:
  - Swim 200 meters
  - 40 pound Dumbbell squat cleans, 23 reps
- 

## Holleyman

- 30 rounds for time of:
  - 5 Wall ball shots, 20 pound ball
  - 3 Handstand push-ups
  - 225 pound Power clean, 1 rep
- 

## Adrian

- Seven rounds for time of:
  - 3 Forward rolls
  - 5 Wall climbs
  - 7 Toes to bar
  - 9 Box jumps, 30" box
- 

## Glen

- For time:
  - 135 pound Clean and jerk, 30 reps
-



- Run 1 mile
  - 15 foot Rope climb, 10 ascents
  - Run 1 mile
  - 100 Burpees
- 

## Tom

- Complete as many rounds in 25 minutes as you can of:
  - 7 Muscle-ups
  - 155 pound Thruster, 11 reps
  - 14 Toes-to-bar
- 

## Ralph

- Four rounds for time of:
  - 250 pound Deadlift, 8 reps
  - 16 Burpees
  - 15 foot Rope climb, 3 ascents
  - Run 600 meters
- 

## Clovis

- For time:
  - Run 10 miles
  - 150 Burpee pull-ups
  - Partition the run and burpee pull-ups as needed.
- 

## Weston

- Five rounds for time of:
  - Row 1000 meters
  - 200 meter Farmer carry, 45 pound dumbbells
-



- 45 pound dumbbell Waiter walk, 50 meters, Right arm
  - 45 pound dumbbell Waiter walk, 50 meters, Left arm
- 

## Loredo

- Six rounds for time of:
  - 24 Squats
  - 24 Push-ups
  - 24 Walking lunge steps
  - Run 400 meters
- 

## Sean

- Ten rounds for time of:
  - 11 Chest to bar pull-ups
  - 75 pound Front squat, 22 reps
- 

## Hortman

- Complete as many rounds as possible in 45 minutes of:
  - Run 800 meters
  - 80 Squats
  - 8 Muscle-ups
- 

## Hamilton

- Three rounds for time of:
  - Row 1000 meters
  - 50 Push-ups
  - Run 1000 meters
  - 50 Pull-ups
-



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## Zeus

- Three rounds for time of:
  - 30 Wall ball shots, 20 pound ball
  - 75 pound Sumo deadlift high-pull, 30 reps
  - 30 Box jump, 20" box
  - 75 pound Push press, 30 reps
  - Row 30 calories
  - 30 Push-ups
  - Body weight Back squat, 10 reps
- 

## Barraza

- Complete as many rounds as possible in 18 minutes of:
  - Run 200 meters
  - 275 pound Deadlift, 9 reps
  - 6 Burpee bar muscle-ups
- 

## Cameron

- For time:
  - 50 Walking lunge steps
  - 25 Chest to bar pull-ups
  - 50 Box jumps, 24 inch box
  - 25 Triple-unders 50 Back extensions
  - 25 Ring dips
  - 50 Knees to elbows
  - 25 Wallball "2-fer-1s", 20 pound ball
  - 50 Sit-ups
  - 15 foot Rope climb, 5 ascents
- 

## Jorge

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- For time:
  - 30 GHD sit-ups
  - 155 pound Squat clean, 15 reps
  - 24 GHD sit-ups
  - 155 pound Squat clean, 12 reps
  - 18 GHD sit-ups
  - 155 pound Squat clean, 9 reps
  - 12 GHD sit-ups
  - 155 pound Squat clean, 6 reps
  - 6 GHD sit-ups
  - 155 pound Squat clean, 3 reps
- 

## Schmall

- Run 800 meters
  - Then two rounds of:
  - 50 Burpees
  - 40 Pull-ups
  - 30 One-legged squats
  - 20 Kettlebell swings, 1.5 pood
  - 10 Handstand push-ups
  - Then,
  - Run 800 meters
- 

## Brehm

- For time:
  - 15 foot Rope climb, 10 ascents
  - 225 pound Back squat, 20 reps
  - 30 Handstand push-ups
  - Row 40 calories
- 

## Omar



- For time:
  - 95 pound barbell Thrusters, 10
  - 15 Bar-facing burpees
  - 95 pound barbell Thrusters, 20
  - 25 Bar-facing burpees
  - 95 pound barbell Thrusters, 30
  - 35 Bar-facing burpees
- 

## Gallant

- For time:
  - Run 1 mile with a 20 pound medicine ball
  - 60 Burpee pull-ups
  - Run 800 meters with a 20 pound medicine ball
  - 30 Burpee pull-ups
  - Run 400 meters with a 20 pound medicine ball
  - 15 Burpee pull-ups
- 

## Bruck

- Four rounds for time of:
  - Run 400 meters
  - 185 pound Back squat, 24 reps
  - 135 pound Jerk, 24 reps
- 

## Smykowski

- For time:
  - Run 6k
  - 60 Burpee pull-ups
  - If you've got body armor or a thirty pound vest, wear it.
-



## Falkel

- Complete as many rounds as possible in 25 minutes of:
  - 8 Handstand push-ups
  - 8 Box jump, 30 inch box
  - 15 foot Rope climb, 1 ascent
- 

## Donny

- 21-15-9-9-15-21 reps for time of:
  - 225 pound Deadlift
  - Burpee
- 

## Dobogai

- Seven rounds for time of:
  - 8 Muscle-ups
  - 22 yard Farmer carry, 50 pound dumbbells
- 

## Hotshots 19

- Six rounds for time of:
  - 30 Squats
  - 135 pound Power clean, 19 reps
  - 7 Strict Pull-ups
  - Run 400 meters
- 

## Roney

- Four rounds for time of:
  - Run 200 meters
  - 135 pound Thruster, 11 reps
-



- Run 200 meters
  - 135 pound Push press, 11 reps
  - Run 200 meters
  - 135 pound Bench press, 11 reps
- 

## The Don

- For time:
  - 66 Deadlifts, 110 pounds
  - 66 Box jump, 24 inch box
  - 66 Kettlebell swings, 1.5 pood
  - 66 Knees to elbows
  - 66 Sit-ups
  - 66 Pull-ups
  - 66 Thrusters, 55 pounds
  - 66 Wall ball shots, 20 pound ball
  - 66 Burpees
  - 66 Double-unders
- 

## Dragon

- For time:
  - Run 5k
  - 4 minutes to find 4 rep max Deadlift
  - Run 5k
  - 4 minutes to find 4 rep max Push jerk
- 

## Walsh

- Four rounds for time of:
  - 22 Burpee pull-ups
  - 185 pound Back squat, 22 reps
  - Run 200 meters with a 45 pound plate overhead
-



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## Lee

- Five rounds for time of:
  - Run 400 meters
  - 345 pound Deadlift, 1 rep
  - 185 pound Squat clean, 3 reps
  - 185 pound Push jerk, 5 reps
  - 3 Muscle-ups
  - 15 foot Rope climb, 1 ascent
- 

## Willy

- Three rounds for time of:
  - Run 800 meters
  - 225 pound Front squat, 5 reps
  - Run 200 meters
  - 11 Chest to bar pull-ups
  - Run 400 meters
  - 12 Kettlebell swings, 2 pood
- 

## Coffey

- For time:
  - Run 800 meters
  - 135 pound Back squat, 50 reps
  - 135 pound Bench press, 50 reps
  - Run 800 meters
  - 135 pound Back squat, 35 reps
  - 135 pound Bench press, 35 reps
  - Run 800 meters
  - 135 pound Back squat, 20 reps
  - 135 pound Bench press, 20 reps
  - Run 800 meters
-



- 1 Muscle-up
- 

## DG

- Complete as many rounds as possible in 10 minutes of:
  - 8 Toes to bar
  - 35 pound Dumbbell thruster, 8 reps
  - 35 pound Dumbbell walking lunge, 12 steps
- 

## TK

- Complete as many rounds as possible in 20 minutes of:
  - 8 Strict Pull-ups
  - 8 Box jumps, 36" box
  - 12 Kettlebell swings, 2 pood
- 

## Taylor

- 4 rounds for time of:
  - Run 400 meters
  - 5 burpee muscle-ups
  - If you've got a 20-lb. vest or body armor, wear it.
- 

## Justin

- 30-20-10 reps for time of:
  - Body-weight back squats
  - Body-weight bench presses
  - Strict pull-ups
-



## Nukes

- 8 minutes to complete:
    - 1-mile run
    - 315-lb. deadlifts, max reps
  - Then, 10 minutes to complete:
    - 1-mile run
    - 225-lb. power cleans, max reps
  - Then, 12 minutes to complete:
    - 1-mile run
    - 135-lb. overhead squats, max reps
  - Do not rest between rounds.
- 

## Zembiec

- 5 rounds for time of:
    - 11 back squats, 185 lb.
    - 7 strict burpee pull-ups
  - 400-meter run
- 

## Alexander

- 5 rounds for time of:
    - 31 back squats, 135 lb.
    - 12 power cleans, 185 lb.
- 

## Wyk

- 5 rounds for time:
    - 225-lb. front squats, 5 reps
    - 15-foot rope climbs, 5 ascents
    - Run 400 meters with a 45-lb. plate
-



## Bell

- 3 rounds for time of:
  - 185-lb. deadlifts, 21 reps
  - 15 pull-ups
  - 185-lb. front squats, 9 reps
- 

## JBo

- Complete as many rounds as possible in 28 minutes of:
  - 115-lb. overhead squats, 9 reps
  - 1 legless rope climb, 15-foot rope, beginning from seated
  - 115-lb. bench presses, 12 reps
- 

## Kevin

- 3 rounds for time of:
  - 185-lb. deadlifts, 32 reps
  - 32 hanging hip touches, alternating arms 800-meter running farmer carry, 15-lb. dumbbells
- 

## Rocket

- Complete as many rounds as possible in 30 minutes of:
  - 50-yard swim
  - 10 push-ups
  - 15 squats
- 

## Riley

- For time:
  - Run 1.5 miles
-



- 150 burpees
  - Run 1.5 miles
  - If you've got a weight vest or body armor, wear it.
- 

## Feeks

- For time:
  - 2 x 100-meter shuttle sprint
  - 2 squat clean thrusters, 65-lb. dumbbells
  - 4 x 100-meter shuttle sprint
  - 4 squat clean thrusters, 65-lb. dumbbells
  - 6 x 100-meter shuttle sprint
  - 6 squat clean thrusters, 65-lb. dumbbells
  - 8 x 100-meter shuttle sprint
  - 8 squat clean thrusters, 65-lb. dumbbells
  - 10 x 100-meter shuttle sprint
  - 10 squat clean thrusters, 65-lb. dumbbells
  - 12 x 100-meter shuttle sprint
  - 12 squat clean thrusters, 65-lb. dumbbells
  - 14 x 100-meter shuttle sprint
  - 14 squat clean thrusters, 65-lb. dumbbells
  - 16 x 100-meter shuttle sprint
  - 16 squat clean thrusters, 65-lb. dumbbells
- 

## Ned

- 7 rounds for time of:
  - 11 body-weight back squats
  - 1,000-meter row
- 

## Sham

- 7 rounds for time of:
-



- 11 body-weight deadlifts
  - 100-meter sprint
- 

## Ozzy

- 7 rounds for time of:
  - 11 deficit handstand push-ups
  - 1,000-meter run
- 

## Jenny

- 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
- 

## Spehar

- For time:
  - 135-lb. thrusters, 100 reps
  - 100 chest-to-bar pull-ups
  - Run 6 miles
  - Partition the thrusters, pull-ups and run as needed.
- 

## Luke

- For time:
  - Run 400 meters
  - 155-lb. clean and jerks, 15 reps
  - Run 400 meters
  - 30 toes-to-bars
  - Run 400 meters
-



- 45 wall-ball shots, 20-lb. ball
  - Run 400 meters
  - 55lb kettlebell swings, 45 reps
  - Run 400 meters
  - 30 ring dips
  - Run 400 meters
  - 155-lb. weighted lunges, 15 steps
  - Run 400 meters
- 

## **Robbie**

- Complete as many rounds as possible in 25 minutes of:
  - 8 freestanding handstand push-ups
  - 15-foot L-sit rope climb, 1 ascent
- 

## **Shawn**

- For time:
  - Run 5 miles
  - Run in 5-minute intervals, stopping after each to perform 50 squats and 50 push-ups before beginning the next 5-minute run interval.
- 

## **Foo**

- 170-lb. bench presses, 13 reps
  - Then, complete as many rounds as possible in 20 minutes of:
  - 7 chest-to-bar pull-ups
  - 77 doubleunders
  - 170-lb. squat clean thrusters, 2 reps
  - 28 sit-ups
- 

## **Bowen**

---



- 3 rounds for time of:
  - Run 800 meters
  - 275-lb. deadlifts, 7 reps
  - 10 burpee pull-ups
  - 53-lb. single arm kettlebell thrusters, 14 reps (7 each arm)
  - 20 box jumps, 24-inch box
- 

## Gaza

- 5 rounds for time of:
  - 35 kettlebell swings, 1.5 pood
  - 30 push-ups
  - 25 pull-ups
  - 20 box jumps, 30-inch box
  - 1-mile run
- 

## Crain

- 2 rounds for time of:
  - 34 push-ups
  - 50-yard sprint
  - 34 deadlifts, 135 lb.
  - 50-yard sprint
  - 34 box jumps, 24-inch box
  - 50-yard sprint
  - 34 clean and jerks, 95 lb.
  - 50-yard sprint
  - 34 burpees
  - 50-yard sprint
  - 34 wall-ball shots, 20-lb. ball
  - 50-yard sprint
  - 34 pull-ups
  - 50-yard sprint
-



## Capoot

- For time:
  - 100 push-ups
  - Run 800 meters
  - 75 push-ups
  - Run 1,200 meters
  - 50 push-ups
  - Run 1,600 meters
  - 25 push-ups
  - Run 2,000 meters
- 

## Hall

- 5 rounds for time of:
  - 225-lb. cleans, 3 reps
  - 200-meter sprint
  - 20 kettlebell snatches, 1.5 pood, 10 each arm
  - Rest 2 minutes
- 

## Servais

- For time:
  - Run 1.5 miles
  - Then, 8 rounds of:
  - 19 pull-ups
  - 19 push-ups
  - 19 burpees
  - Then,
  - 400-meter sandbag carry (heavy)
  - 1-mile farmers carry with 45-lb. dumbbells
- 

## PK



- 5 rounds for time of:
  - 225-lb. back squats, 10 reps
  - 275-lb. deadlifts, 10 reps
  - 400-meter sprint
  - Rest 2 minutes
- 

## Marco

- 3 rounds for time of:
  - 21 pull-ups
  - 15 handstand push-ups
  - 9 thrusters, 135 lb.
- 

## René

- 7 rounds for time of:
  - Run 400 meters
  - 21 walking lunges
  - 15 pull-ups
  - 9 burpees
  - If you have a 20-lb. weight vest or body armor, wear it.
- 

## Pike

- 5 rounds for time of:
  - 75-lb. thrusters, 20 reps
  - 10 strict ring dips
  - 20 push-ups
  - 10 strict handstand push-ups
  - 50-meter bear crawl
- 

## Kutschbach

---



- 7 rounds for time of:
  - 11 back squats, 185 lb.
  - 10 jerks, 135 lb.
- 

## Jennifer

- Complete as many rounds as possible in 26 minutes of:
  - 10 pull-ups
  - 15 kettlebell swings, 1.5 pood
  - 20 box jumps, 24-inch box
- 

## Horton

- 9 rounds for time with a partner of:
- 9 bar muscle-ups
- 11 clean and jerks, 155 lb.
- 50-yard buddy carry

Share the work with your partner however you choose with only one person working at a time. If you can't find a partner, perform 5 reps of each exercise per round and find a heavy sandbag to carry.

---

## Scooter

- On a 35-minute clock with a partner:
  - Complete as many rounds as possible in 30 minutes of:
  - 30 doubleunders
  - 15 pull-ups
  - 15 push-ups
  - 100-meter sprint
  - Then, 5 minutes to find a 1-rep-max partner deadlift
-



For the AMRAP, have one partner work while the other rests, switching after a full round is completed. If you're performing without a partner, rest 60 seconds between each round, and find a regular 1-rep-max deadlift.

---

## Matt 16

- For time:
  - 16 deadlifts, 275 lb.
  - 16 hang power cleans, 185 lb.
  - 16 push presses, 135 lb.
  - Run 800 meters
  - 16 deadlifts, 275 lb.
  - 16 hang power cleans, 185 lb.
  - 16 push presses, 135 lb.
  - Run 800 meters
  - 16 deadlifts, 275 lb.
  - 16 hang power cleans, 185 lb.
  - 16 push presses, 135 lb.
- 

## T.U.P.

- 15-12-9-6-3 reps for time of:
  - 135-lb. power cleans
  - Pull-ups
  - 135-lb. front squats
  - Pull-ups
- 

## Harper

- Complete as many rounds as possible in 23 minutes of:
  - 9 chest-to-bar pull-ups
  - 135-lb. power cleans, 15 reps
  - 21 squats
-



- 
- 400-meter run with a 45-lb. plate

---

### Sisson

- Complete as many rounds as possible in 20 minutes of:
  - 15-ft rope climb, 1 ascent
  - 5 burpees
  - 200-meter run
  - If you've got a 20-lb. vest or body armor, wear it.
- 

### Terry

- For time:
  - 1-mile run
  - 100 push-ups
  - 100-meter bear crawl
  - 1-mile run
  - 100-meter bear crawl
  - 100 push-ups
  - 1-mile run
- 

### Big Sexy

- 5 rounds for time of:
  - 6 deadlifts, 315 lb.
  - 6 burpees
  - 5 cleans, 225 lb.
  - 5 chest-to-bar pull-ups
  - 4 thrusters, 155 lb.
  - 4 muscle-ups
- 

### Woehlke

---



- 3 rounds, each for time of:
- 4 jerks, 185 lb.
- 5 front squats, 185 lb.
- 6 power cleans, 185 lb.
- 40 pull-ups
- 50 push-ups

60 sit-ups

Rest 3 minutes between rounds.

---

### **Maupin**

- 4 rounds for time of:
  - Run 800 meters
  - 49 push-ups
  - 49 sit-ups
  - 49 squats
- 

### **Hildy**

- 100-calorie row
  - 75 thrusters, 45-lb. barbell
  - 50 pull-ups
  - 75 wall-ball shots, 20-lb. ball
  - 100-calorie row
  - If you've got a 20-lb. vest or body armor, wear it.
- 

### **T.J.**

- For time:
  - 185-lb. bench presses, 10 reps
  - 10 strict pull-ups
  - 135-lb. thrusters, max set
-



Repeat the triplet until you have completed 100 reps of the thruster.

---

## Monti

- 5 rounds for time of:
  - 50 step-ups with 45-lb. barbell, 20-in. box
  - 135-lb. cleans, 15 reps
  - 50 step-ups with 45-lb. barbell, 20-in. box
  - 135-lb. snatches, 10 reps
- 

## DVB

- For time:
  - Run 1 mile with a 20-lb. medicine ball
  - Then, 8 rounds of:
    - 10 wall-ball shots
    - 1 rope ascent
  - Run 800 meters with a 20-lb. medicine ball
  - Then, 4 rounds of:
    - 10 wall-ball shots
    - 1 rope ascent
  - Run 400 meters with a 20-lb. medicine ball
  - Then, 2 rounds of:
    - 10 wall-ball shots
    - 1 rope ascent
- 

## Nickman

With a 55-lb. and 35-lb. dumbbell, 10 rounds for time of:

- 200-meter farmers carry with both dumbbells
  - 35-lb. weighted pull-ups, 10 reps
  - 55-lb. dumbbell power snatches, 20 reps, alternating arms
-



---

## Marston

Complete as many rounds as possible in 20 minutes of:

- 405-lb. deadlift, 1 rep
  - 10 toes-to-bars
  - 15 bar-facing burpees
- 

## Artie

Complete as many rounds as possible in 20 minutes of:

- 5 pull-ups
  - 10 push-ups
  - 15 squats
  - 5 pull-ups
  - 10 thrusters, 95 lb.
- 

## Hollywood

For time:

- Run 2 km
  - 22 wall-ball shots, 30-lb. ball
  - 22 muscle-ups
  - 22 wall-ball shots, 30-lb. ball
  - 22 power cleans, 185-lb.
  - 22 wall-ball shots, 30-lb. ball
  - Run 2 km
- 

## Manuel



5 rounds of:

- 3 minutes of rope climbs
- 2 minutes of squats
- 2 minutes of push-ups
- 3 minutes to run 400 meters

Wear a weight vest or body armor. After the run, rest for the remainder of the 3 minutes before beginning the next round.

---

### Tiff

On a 25-minute clock,

- Run 1.5 miles
- Then perform as many rounds as possible of:
  - 11 chest-to-bar pull-ups
  - 7 hang squat cleans, 155 lb.
  - 7 push presses, 155 lb.

---

### Paul Pena

7 rounds, each for time of:

- 100-meter sprint
  - 19 kettlebell swings, 2 pood
  - 10 burpee box jumps, 24-inch
  - Rest 3 minutes
- 

### Yeti

For time:

- 25 pull-ups
-



- 10 muscle-ups
  - 1.5-mile run
  - 10 muscle-ups
  - 25 pull-ups
- 

## Liam

For time:

- Run 800 meters with a 45-lb. plate
  - 100 toes-to-bars
  - 155-lb. front squats, 50 reps
  - 15-ft. rope climbs, 10 ascents
  - Run 800 meters with a 45-lb. plate
- 

## Wes

For time:

- Run 800 meters with a 25-lb. plate
  - Then, 14 rounds of:
    - 5 strict pull-ups
    - 4 burpee box jumps, 24-in. box
    - 3 cleans, 185 lb.
  - Then, run 800 meters with a 25-lb. plate
- 

## Miron

5 rounds for time of:

- 800-meter run
  - 23 back squats,  $\frac{3}{4}$  body weight
  - 13 deadlifts,  $1\frac{1}{2}$  body weight
-



---

## Pat

Wearing a 20-lb. vest, 6 rounds for time:

- 25 pull-ups
  - 50-ft. front-rack lunge, 75 lb.
  - 25 push-ups
  - 50-ft. front-rack lunge, 75 lb.
- 

## Scotty

Complete as many rounds as possible in 11 minutes of:

- 5 deadlifts, 315 lb.
  - 18 wall-ball shots, 20-lb. ball
  - 17 burpees, over the bar
- 

## Rich

For time:

- 13 squat snatches, 155 lb.
  - Then, 10 rounds of:
    - 10 pull-ups
    - 100-meter sprint
  - Then, 13 squat cleans, 155 lb.
- 

## Dallas 5

5 minutes of:

- Burpees
-



- Then, 5 minutes of:
  - 7 deadlifts, 155 lb.
  - 7 box jumps, 24-in. box
- Then, 5 minutes of:
  - Turkish get-ups, 40-lb. dumbbell
- Then, 5 minutes of:
  - 7 snatches, 75 lb.
  - 7 push-ups

Then, 5 minutes of:

- Rowing (calories)

Complete as many reps as possible at each 5-minute station. Rest 1 minute between stations.

---

## Dunn

Complete as many rounds as possible in 19 minutes of:

- 3 muscle-ups
  - 1 shuttle sprint, 5 yards, 10 yards, 15 yards
  - 6 burpee box jump-overs, 20-in. box
  - On the burpees, jump over the box without touching it.
- 

## Kev

With a partner, complete as many rounds as possible in 26 minutes of:

- 6 deadlifts, 315 lb., each
  - 9 bar-facing burpees, synchronized
  - 9 bar muscle-ups, each
  - 55-ft. partner barbell carry, 315 lb.
-



## Emily

10 rounds for time of:

- 30 double-unders
  - 15 pull-ups
  - 30 squats
  - 100-m sprint
  - Rest 2 minutes
- 

## Andy

For time, wearing a 20-lb. vest:

- 25 thrusters, 115 lb.
  - 50 box jumps, 24 in.
  - 75 deadlifts, 115 lb.
  - 1.5-mile run
  - 75 deadlifts, 115 lb.
  - 50 box jumps, 24 in.
  - 25 thrusters, 115 lb.
- 

## Viola

Complete as many rounds as possible in 20 minutes of:

- Run 400 meters
  - 11 power snatches, 95 lb.
  - 17 pull-ups
  - 13 power cleans, 95 lb.
- 

## Coffland

- Hang from a pull-up bar for 6 minutes
-



- Each time you drop from the bar, perform:
  - 800-m run
  - 30 push-ups
- 

## The Lyon

5 rounds, each for time of:

- 165-lb. squat cleans, 7 reps
- 165-lb. shoulder-to-overheads, 7 reps
- 7 burpee chest-to-bar pull-ups
- Rest 2 minutes between rounds.

Ideally, use a pull-up bar that is 6 inches above your max reach when standing.

---

## T

5 rounds for time of:

- 100-meter sprint
- 10 squat clean thrusters
- 15 kettlebell swings
- 100-meter sprint
- Rest 2 minutes

Men: 115 lb.

Women: 75 lb.

---

## Havana

Complete as many rounds as possible in 25 minutes of:

- 150 double-unders
-



- 50 push-ups
  - 15 power cleans
  - Men: 185 lb.
  - Women: 125 lb.
- 

## Tama

For time:

- 800-meter single-arm barbell farmers carry, 45/35 lb.
  - 31 toes-to-bars
  - 31 push-ups
  - 31 front squats, 95/65 lb.
  - 400-meter single-arm barbell farmers carry, 95/65 lb.
  - 31 toes-to-bars
  - 31 push-ups
  - 31 hang power cleans, 135/95 lb.
  - 200-meter single-arm barbell farmers carry, 135/95 lb.
- 

## Otis

Complete as many reps as possible in 15 minutes of:

- 1 back squat, 1 shoulder press, 1 deadlift
  - 2 back squats, 2 shoulder presses, 2 deadlifts
  - 3 back squats, 3 shoulder presses, 3 deadlifts
  - Etc.
  - Use 1½ body weight for the squats and deadlifts and ¾ body weight for the presses.
- 

## Josie

For time, wearing a 20-lb. vest:

---



- 1-mile run
  - Then, 3 rounds of:
  - 30 burpees
  - 4 power cleans
  - 6 front squats
  - Then, 1-mile run
  - Men: 155 lb.
  - Women: 105 lb.
- 

## Dork

6 rounds for time of:

- 60 double-unders
  - 30 kettlebell swings
  - 15 burpees
  - Men: 55lb kettlebell
  - Women: 35lb kettlebell
- 

## Bert

For time:

- 50 burpees
  - 400-m run
  - 100 push-ups
  - 400-m run
  - 150 walking lunges
  - 400-m run
  - 200 squats
  - 400-m run
  - 150 walking lunges
  - 400-m run
  - 100 push-ups
  - 400-m run
-



- 50 burpees

## Related Links

- Hero WODs
- Travel WODs
- Hotel Room WODs
- Rucking for Fitness Anywhere

Be sure to bookmark this page and check out these other resources for getting your workout on solo

- [Crossfit Benchmark WODS \(The Crossfit Girls WODs\)](#): Great workouts for anytime
- [100+ Crossfit Travel WODs](#): No equipment workouts for times on the road
- [Hotel WODs](#): Crossfit workouts that you can do in your hotel room, with no equipment
- [The Crossfit Hero WODs](#): Workouts that will leave you smoked, and closer to your goals
- [5 Great Rucking Workouts](#)

## The Stories Behind the Hero WODs

Every single “Hero WODs” are named for a fallen warrior that died in service. Below are the stories that commemorate their sacrifices and legacies.

### JT

“In honor of Petty Officer 1st Class Jeff Taylor, 30, of Midway, West Virginia, who was killed on June 28, 2005, while conducting combat operations in the vicinity of Asadabad, Afghanistan, in Kumar Province.

“He is survived by his father, John; mother, Carrie; and wife, Erin.”

First posted July 6, 2005

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**Michael**

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

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.

First posted July 15, 2005

---

### **Murph**

"Partition the pull-ups, push-ups, and squats as needed. Start and finish with a mile run. If you've got a twenty pound vest or body armor, wear it."

"In memory of Navy Lieutenant Michael Murphy, 29, of Patchogue, N.Y., who was killed in Afghanistan June 28th, 2005."

"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."

---

### **Daniel**

"With heavy hearts we dedicate this workout to Army Sgt 1st Class Daniel Crabtree who was killed in Al Kut, Iraq on Thursday June 8th. To Daniel's family and friends, we express our sorrow; to his wife Kathy and daughter Mallory, we tearfully acknowledge your loss as the true cost of freedom. Fair Winds, Daniel."

---

### **Josh**

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“U.S. Army Staff Sgt. Joshua Hager, 29, of Broomfield, Colorado, was killed Thursday, Feb. 22, 2007, when an improvised explosive device detonated near his Humvee during combat operations in Ramadi, Iraq. Prior to his death, Hager was serving in the 1st Battalion, 9th Infantry Regiment, 2nd Brigade Combat Team, 2nd Infantry Division in Fort Carson, Colorado.”

“He is survived by his wife, Heather; son, Bayley; mother, Lois Knight; father, Kris; and stepbrother, Ensign Aaron Jozsef.”

---

### **Jason**

“S01 (SEAL) Jason Dale Lewis was killed by an IED while conducting combat operations in Southern Baghdad July 6, 2007. We name this workout “Jason” in honor of his life, family, and courage. Donna, Jack, Max, and Grace, we’ll forget neither your husband and father nor your sacrifice and loss. Fair winds, Jason.”

---

### **“Badger”**

“In honor of U.S. Navy Chief Petty Officer Mark Carter, 27, of Fallbrook, California, who was killed during combat operations in Iraq on Dec. 11, 2007.”

“He is survived by his father, Tom; mother, Cindy; three brothers and four sisters.”

“First posted Dec. 19, 2007”

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### **Joshie**

“In honor of U.S. Army Staff Sgt. Joshua Whitaker, 23, of Long Beach, California, who died of wounds sustained in small-arms fire in Afghanistan on May 15, 2007.”

“He is survived by his mother, Catherine; uncle, Robb; father, Frank Dougherty; aunt, Debra; and cousins, Rachel and Laura.”

---



## Nate

“In honor of U.S. Navy Chief Special Warfare Operator (SEAL) Nate Hardy, who was killed Sunday, Feb. 4, 2008, during combat operations in Iraq.”

“Nate is survived by his wife, Mindi; and his infant son, Parker.”

---

## Randy

“75 pound Power snatch, 75 reps for time.”

“In honor of Randy Simmons, 51, a 27-year LAPD veteran and SWAT team member who was killed Feb. 7, 2008, in the line of duty.”

“He is survived by his wife, Lisa; son, Matthew; and daughter, Gabrielle.”

---

## Tommy V

“In honor of Senior Chief Petty Officer Thomas J. Valentine, 37, of Ham Lake, Minnesota, who died in a training accident in Arizona, on Feb. 13, 2008.”

“He is survived by his wife, Christina; son, John; and daughter, Meghan.”

“First posted March 12, 2008”

---

## Griff

In honor of U.S. Air Force Staff Sgt. Travis L. Griffin, 28, who was killed on April 3, 2008, in the Rasheed District of Baghdad, by an improvised explosive device strike to his vehicle.

Griffin is survived by his son, Elijah.

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## Ryan

Maplewood, Missouri, firefighter, Ryan Hummert, 22, was killed by sniper fire, July 21, 2008, when he stepped off his fire truck responding to a call.

He is survived by his parents, Andrew and Jackie.

---

## Erin

Canadian Army Master Cpl. Erin Doyle, 32, was killed in a firefight on Aug. 11, 2008, in the Panjwaii District, Kandahar Province, Afghanistan.

He is survived by his wife, Nicole; and his daughter, Zarine.

---

## Mr. Joshua

U.S. Navy Special Warfare Operator 1st Class (SEAL) Joshua Thomas Harris, 36, drowned during combat operations on Aug. 30, 2008, in Afghanistan.

He is survived by his parents, Dr. Sam and Evelyn; brother, Ranchor; and twin sister, Kiki.

---

## DT

In honor of U.S. Air Force Staff Sgt. Timothy P. Davis, 28, who was killed on Feb. 20, 2009, while he was supporting operations in OEF and his vehicle was struck by an improvised explosive device.

Davis is survived by his wife, Megan; and 1-year-old son, T.J.

---

## Danny



Oakland SWAT Sgt. Daniel Sakai, 35, was killed in the line of duty on March 21, 2009, along with fellow officers Sgt. Ervin Romans, Sgt. Mark Dunakin and Officer John Hege.

Daniel is survived by his wife, Jenni; and daughter, Jojiye.

---

### **Hansen**

U.S. Marine Staff Sgt. Daniel Hansen died Feb. 14, 2009, in Farah Province, Afghanistan, when an improvised explosive device he was working on detonated.

Hansen is survived by his mother, Sheryll; father, Delbert; younger sister, Katie; and twin brother, Matthew (also a Marine).

---

### **Tyler**

U.S. Army 1st Lt. Tyler E. Parten, 24, of Arkansas, died Sept. 10, 2009, in Konar Province, Afghanistan, of wounds sustained when insurgents attacked his unit using rocket-propelled grenades and small-arms fire. He was assigned to the 3rd Squadron, 61st Cavalry Regiment, 4th Brigade Combat Team, 4th Infantry Division, Fort Carson, Colorado.

Parten is survived by his mother, Lona; and brother, Daniel.

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### **Lumberjack 20**

At 1:34 p.m., on Nov. 5, 2009, a terrorist named Major Nidal Hasan attacked fellow soldiers and civilians at Fort Hood, Texas. He killed 12 soldiers and one civilian, and wounded 43 others.

U.S. Army 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 11 of the wounded were active CrossFit athletes in the 20th Engineer Battalion, home to Lumberjack CrossFit.

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## Stephen

Third Battalion, Princess Patricia's Canadian Light Infantry member Cpl. Stephen Bouzane, 26, was killed by an improvised explosive device on June 20, 2007, in the Panjwaii District in Afghanistan.

He is survived by his parents, Fred and Moureen; and sister, Kelly.

---

## Garrett

U.S. Marine Capt. Garrett T. "Tubes" Lawton, 31, of Charleston, West Virginia, was killed by an improvised explosive device in Herat Province, Afghanistan, on Aug. 4, 2008.

He is survived by his wife, Trisha; and two sons, Ryan, 6, and Caden, 4.

---

## War Frank

U.S. Marine Capt. Warren A. Frank, 26, of Cincinnati, Ohio, died Nov. 25, 2008, while supporting combat operations in Ninewa Province, Iraq. He was assigned to the 5th Air Naval Gunfire Liaision Company, III Marine Expeditionary Force, Okinawa, Japan.

He is survived by his wife, Allison; and daughters, Sophia Lynn and Isabella Grace.

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## McGhee

U.S. Army Cpl. Ryan C. McGhee, 21, was killed in action on May 13, 2009, by small-arms fire during combat in central Iraq. He served with 3rd Battalion, 75th Ranger Regiment of Fort Benning, Georgia. This was his fourth deployment, and his first to Iraq.



He is survived by his father, Steven of Myrtle Beach, South Carolina; his mother, Sherrie Battle McGhee; fiancee, Ashleigh Mitchell; and his brother, Zachary.

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### **Paul**

Pittsburgh Police Officer Paul John Rizzo Domenic Sciullo II, 36, was shot and killed in the line of duty while responding to a domestic disturbance call on April 4, 2009.

He is survived by his fiancee, Lisa Esposito.

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### **Jerry**

U.S. Army Sgt. Maj. Jerry Dwayne Patton, 40, died on Oct. 15, 2008, during High Altitude High Opening (HAHO) training. He was assigned to Army USSOCOM, and was preparing for deployment to Afghanistan.

He is survived by his wife, Molly; and sons, Chad, Cody, Chase and Connor.

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### **Nutts**

Canadian Armed Forces Lt. Andrew Richard Nuttall, 30, from the 1st Battalion Princess Patricia's Canadian Light Infantry (1 PPCLI), based in Edmonton, Alberta, serving as a member of the 1 PPCLI Battle Group, was killed by an improvised explosive device that detonated during a joint foot patrol near the village of Nakhonay in Panjwaii District, Afghanistan, on Dec. 23, 2009.

He is survived by his parents, Richard and Ethel Jane.

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### **Arnie**

Los Angeles County Firefighter Specialist Arnaldo "Arnie" Quinones, 34, was killed in the line of duty on Sunday, Aug. 30, 2009, during the Station Fire. His emergency-

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response vehicle went over the side of the road and fell 800 feet into a steep canyon during fire suppression activities protecting Camp 16 outside the City of Palmdale, California.

He is survived by his wife, Lori; and daughter, Sophia Grace, born three weeks after his death.

A fund for Arnie's family has been established by the Los Angeles County Fire Department.

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### **The Seven**

A suicide bomber killed seven CIA officers and one Jordanian officer at a remote base in southeastern Afghanistan on Dec. 30, 2009, after posing as a potential informant reporting on Al Qaeda. Seven new stars will be etched into the memorial wall at the CIA, forever in their names. Killed in the attack were CIA officers Jennifer Lynne Matthews, 45; Scott Michael Roberson, 39; Harold E. Brown Jr., 37; Darren LaBonte, 35; Elizabeth Hanson, 30; and security contractors Jeremy Jason Wise, 35, and Dane Clark Paresi, 46.

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### **RJ**

Veteran LAPD officer and U.S. Marine Corps Reservist Sgt. Maj. Robert J. Cottle, 45, was killed by an improvised explosive device while on patrol in southern Afghanistan on Wednesday, March 24, 2010. Cottle joined the Marines at age 18, and the LAPD in 1990. His various LAPD assignments included Hollywood Vice, Southeast Area, LAPD Dive Team and most recently, SWAT.

He is survived by his wife, Emily; and 9-month-old daughter, Kaila. The LAPD established a trust fund for them.

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### **Luce**

Captain Ronald G. Luce, 27, of the U.S. Army Company C, 2nd Battalion, 20th Special Forces Group, headquartered at Jackson, Mississippi, died Aug. 2, 2009, in Qole

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Gerdsar, Afghanistan, after his vehicle was struck by a command-wire improvised explosive device.

He is survived by his wife, Kendahl Shoemaker; 5-year-old daughter, Carrie; and parents, Ronald and Katherine.

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### **Johnson**

U.S. Marine 1st Lt. Michael E. Johnson, 25, of the 7th Communications Battalion, 3rd Marine Headquarters Group, III Marine Expeditionary Force, headquartered in Okinawa, Japan, died Sept. 8, 2009, while supporting combat operations in Kunar Province, Afghanistan.

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### **Roy**

U.S. Marine Corps Sgt. Michael C. Roy, 25, of North Fort Myers, Florida, 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.

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### **Adambrown**

U.S. Navy Chief Special Warfare Operator (SEAL) Adam Lee Brown, 36, of Hot Springs, Arkansas, was killed on March 17, 2010, in Komar Province, Afghanistan, in a battle against heavily armed militants.

He is survived by his wife, Kelley; two children, Nathan and Savannah; and his parents.

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### **Coe**



U.S. Army Sgt. Keith Adam Coe, 30, of Auburndale, Florida, assigned to the 1st Battalion, 37th Field Artillery Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division, Joint Base Lewis-McChord, Washington, died April 27, 2010, in Khalis, Iraq, of wounds sustained when enemy forces attacked his unit with an explosive device.

He is survived by his wife, Katrina; two sons, Killian and Keith Jr.; and daughter, Klover.

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### **Severin**

U.S. Army Sgt. 1st Class Severin W. Summers III, 43, of Bentonia, Mississippi, assigned to the 2nd Battalion, 20th Special Forces Group (Airborne), headquartered in Jackson, Mississippi, died Aug. 2, 2009, in Qole Gerdsar, Afghanistan, after his vehicle was struck by a command-wire improvised explosive device.

Summers is survived by his wife, Tammy Fraser; and daughters, Jessica, Shelby and Sarah.

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### **Helton**

U.S. Air Force Security Forces 1st Lt. Joseph D. Helton, 24, of Monroe, Georgia, assigned to the 6th Security Forces Squadron at MacDill Air Force Base in Tampa, Florida, was killed Sept. 8, 2009, while on a mission near Baghdad, Iraq, when an improvised explosive device detonated near his vehicle.

Helton is survived by his mother, Jiffy.

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### **Jack**

U.S. Army Staff Sgt. Jack M. Martin III, 26, of Bethany, Oklahoma, assigned to the 3rd Battalion, 1st Special Forces Group, Fort Lewis, Washington, died Sept. 29, 2009, in Jolo Island, Philippines, from the detonation of an improvised explosive device.

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Martin is survived by his wife, Ashley; his parents, Jack and Cheryl; and siblings Abe, Mandi, Amber and Abi.

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### **Forrest**

U.S. Drug Enforcement Administration Special Agent Forrest Nelson Leamon, 37, assigned to the Foreign-deployed Advisory and Support Team (FAST) Echo was killed Oct. 26, 2009, when his helicopter crashed while on a counternarcotics mission in western Afghanistan.

He is survived by his wife, Ana; son, Luke; parents, Sue and Richard; and sister, Heather.

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### **Bulger**

Canadian Forces Cpl. Nicholas Bulger, 30, of Peterborough, Ontario, assigned to the 3rd Battalion of Princess Patricia's Canadian Light Infantry, based out of Edmonton, Alberta, died July 3, 2009, while on patrol in the Zhari District of Afghanistan when an improvised explosive device detonated near his vehicle.

Bulger is survived by his wife, Rebeka; and daughters, Brookelynn and Elizabeth.

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### **Brenton**

Field Training Officer Timothy Quinn Brenton, 39, of the Seattle Police Department, was shot and killed in a drive-by shooting while on duty on Oct. 31, 2009.

He is survived by his wife, Lisa; son, Quinn; and daughter, Kayliegh.

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### **Blake**



U.S. Navy Senior Chief Cryptologic Technician David Blake McLendon, 30, of Thomasville, Georgia, assigned to Naval Special Warfare Group 2 Support Activity in Norfolk, Virginia, was killed Sept. 21, 2010, in a helicopter crash during combat operations in the Zabul Province in Afghanistan.

McLendon is survived by his wife, Kate; parents, David and Mary-Ann; brother, Chris; and sister, Kelly Lockman.

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### **Collin**

Navy Special Warfare Operator Chief Collin Trent Thomas, 33, of Morehead, Kentucky, assigned to a Navy SEAL team based out of Little Creek, Virginia, was fatally shot on August 18, 2010, during combat operations in Eastern Afghanistan.

He is survived by his fiancee Sarah Saunders, his parents Clay and Jean Thomas, and his sister Meghan Edwards.

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### **Thompson**

U.S. Army Capt. David J. Thompson, 39, of Hooker, Oklahoma, commander of Operational Detachment Alpha 3334, Company C, 3rd Battalion, 3rd Special Forces Group (Airborne), based in Fort Bragg, North Carolina, was killed on Jan. 29, 2010, while supporting combat operations in the Wardak Province of Afghanistan.

Thompson is survived by his wife, Emily; two daughters, Isabelle and Abigail; parents, Charles and Freida; and sister, Alisha Mueller.

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### **Whitten**

U.S. Army Capt. Dan Whitten, 28, of Grimes, Iowa, assigned to the 1st Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, based out of Fort Bragg, North Carolina, died Feb. 2, 2010, when enemy forces in Zabul, Afghanistan, attacked his vehicle with an improvised explosive device.

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Whitten is survived by his wife, Starr; his mother, Jill; father, Dan; and sister, U.S. Army Capt. Sarah Whitten.

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### **Bull**

U.S. Marine Corps Capt. Brandon “Bull” Barrett, 27, of Marion, Indiana, assigned to the 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based out of Camp Lejeune, North Carolina, was killed on May 5, 2010, while supporting combat operations in Helmand Province, Afghanistan.

He is survived by his parents, Cindy and Brett; sisters, Ashley and Taylor; brother, Brock; and his grandmother, Carmen Johnson.

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### **Rankel**

U.S. Marine Corps Sgt. John Rankel, 23, of Speedway, Indiana, assigned to 3rd Battalion, 1st Marine Regiment, 1st Marine Division, 1 Marine Expeditionary Force, based out of Camp Pendleton, California, was killed on June 7, 2010, while supporting combat operations in Helmand Province, Afghanistan.

He is survived by mother and stepfather, Don and Trisha Stockhoff; father and stepmother, Kevin and Kim; and brothers, Nathan Stockhoff and Tyler.

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### **Holbrook**

U.S. Army Capt. Jason Holbrook, 28, of Burnet, Texas, assigned to 1st Battalion, 3rd Special Forces Group (Airborne), based out of Fort Bragg, North Carolina, was killed on July 29, 2010, in Tsagay, Afghanistan, when insurgents attacked his vehicle with an improvised explosive device.

He is survived by his wife, Heather; and his parents, Joan and James.

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## **Ledesma**

Narcotics Detective and Special Assignment Unit Operator Carlos Ledesma, 34, of the Chandler Police Department, Chandler, Arizona, was shot and killed by drug dealers on July 28, 2010, during an undercover operation in Phoenix, Arizona.

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## **Wittman**

U.S. Army Sgt. Jeremiah Wittman, 26, of Darby, Montana, assigned to the 1st Battalion, 12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division, based out of Fort Carson, Colorado, was killed on Feb. 13, 2010, when insurgents attacked his unit with a roadside bomb in Zhari Province, Afghanistan.

He is survived by his daughters, Miah and Ariauna; wife, Karyn; siblings, Robert H., Charity, Jenell and Natasha; father, Robert; and mother, Cynthia Church.

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## **McCluskey**

U.S. Army Sgt. Jason “Mick” McCluskey, 26, of McAlester, Oklahoma, assigned to the 27th Engineer Battalion, 20th Engineer Brigade, XVIII Airborne Corps, based out of Fort Bragg, North Carolina, was killed on Nov. 4, 2010, when insurgents attacked his unit with small-arms fire in Zarghun Shahr, Mohammad Agha District, Afghanistan.

He is survived by his son, Landen; and mother, Delores Olivares.

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## **Weaver**

U.S. Army 1st Lt. Todd W. Weaver, 26, of Hampton, Virginia, assigned to the 1st Battalion, 320th Field Artillery Regiment, 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), based out of Fort Campbell, Kentucky, died on Sept. 9, 2010, of wounds suffered when insurgents attacked his unit with a roadside bomb in Kandahar, Afghanistan.

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He is survived by his wife, Emma; daughter, Kiley; parents, Don and Jeanne; and siblings, Glenn, Adrianna and Christina.

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## **Abbate**

U.S. Marine Corps Sgt. Matthew T. Abbate, 26, of Honolulu, Hawaii, assigned to the 3rd Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, based out of Camp Pendleton, California, was killed on Dec. 2, 2010, while conducting combat operations in Helmand Province, Afghanistan.

He is survived by his wife, Stacie Rigall; son, Carson; mother, Karen Binion; father, Salvatore; and siblings, Dominica, Elliot, Valerie Binion and Kelly Binion.

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## **Hammer**

U.S. Army 1st Sgt. Michael “Hammer” Bordelon, 37, of Morgan City, Louisiana, assigned to the 1st Battalion, 24th Infantry Regiment, 1st Brigade, 25th Infantry Division (Stryker Brigade Combat Team), based out of Fort Lewis, Washington, died on May 10, 2005, from injuries sustained when a car bomb exploded near him in Mosul, Iraq, on April 23, 2005.

He is survived by his wife, Mila; children, Mike Jr., Jacob and Johanna; mother, Dolores; and sister, Doreen Scioneaux.

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## **Moore**

Officer David S. Moore, 29, of the Indianapolis Metropolitan Police Department, died on Jan. 26, 2011, from gunshot wounds suffered on Jan. 23, 2011, when he stopped a stolen vehicle and the driver opened fire.

He is survived by his mother, Jo Ann; father, Spencer; and sister, Carol Bongfeldt.

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## **Wilmot**

Canadian Forces Pvt. Colin Wilmot, 24, of Fredericton, Nebraska, assigned to the 2nd Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI) Battle Group, based out of Edmonton, Alberta, died on July 6, 2008, from wounds suffered when an explosive device detonated near him in the Panjwaii District of Afghanistan.

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

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## **Moon**

U.S. Army Spc. Christopher Moon, 20, of Tucson, Arizona, assigned to 2nd Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, based out of Fort Bragg, North Carolina, died on July 13, 2010, from injuries sustained on July 6, 2010, in Arghandab, Afghanistan, when insurgents attacked his vehicle with an improvised explosive device.

He is survived by his parents, Marsha and Brian; and sister, Sunday.

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## **Small**

U.S. Army Staff Sgt. Marc Small, 29, of Collegeville, Pennsylvania, assigned to 1st Battalion, 3rd Special Forces Group (Airborne), based in Fort Bragg, North Carolina, died on Feb. 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 fiancee, Amanda Charney.

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## **Morrison**

U.S. Army Spc. Scott Morrison, 23, of Blue Ash, Ohio, assigned to 584th Mobility Augmentation Company, 20th Engineer Battalion, 36th Engineer Brigade, based out of Fort Hood, Texas, died on Sept. 26, 2010, from injuries suffered on Sept. 25, 2010,

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when insurgents in Kandahar, Afghanistan, attacked his vehicle with an improvised explosive device.

He is survived by his father, Donald; mother, Susan; brother, Gary; and sister, Katie.

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## **Manion**

First Lt. Travis Manion, 26, of Doylestown, Pennsylvania, assigned to 1st Reconnaissance Battalion, 1st Marine Division, I Marine Expeditionary Force, based in Camp Pendleton, California, was 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; mother, Janet; and sister, Ryan Borek.

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## **Gator**

U.S. Army Spc. Christopher “Gator” Gathercole, 21, of Santa Rosa, California, assigned to 2nd Battalion, 75th Ranger Regiment, based in Fort Lewis, Washington, was killed by enemy fire on May 26, 2008, in Ghazni, Afghanistan.

He is survived by his brother, Edward; sisters, Jennifer Daly and Sarah Ferrell; father, Edward; and mother, Catherine Haines.

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## **Bradley**

U.S. Air Force Senior Airman Bradley R. Smith, 24, of Troy, Illinois, assigned to the 10th Air Support Operations Squadron, based in Fort Riley, Kansas, was killed on Jan. 3, 2010, by an improvised explosive device in Zhari District, Kandahar Province, Afghanistan.

He is survived by his wife, Tiffany; daughter, Chloe; parents, Gary and Paula; and brother, Ryan.

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## Meadows

U.S. Marine Corps Capt. Joshua S. Meadows, 30, of Bastrop, Texas, assigned to 1st Marine Special Operations Battalion, Marine Corps Forces Special Operations Command, based in Camp Pendleton, California, was killed by enemy fire on Sept. 5, 2009, in Farah Province, Afghanistan.

He is survived by his wife, Angela; daughter, Olivia; mother, Jan; and sister, Erin.

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## Santiago

U.S. Army Sgt. Anibal Santiago, 37, of Belvidere, Illinois, assigned to the 3rd Battalion, 75th Ranger Regiment, stationed in Fort Benning, Georgia, died on July 18, 2010, in Bagram, Afghanistan.

He is survived by his wife, Mandy; sons, Hannibal, Desmond and Darian; and parents, Anibal and Maria.

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## Carse

U.S. Army Cpl. Nathan B. Carse, 32, of Harrod, Ohio, assigned to the 2nd Engineer Battalion, 176th Engineer Brigade, based out of White Sands Missile Range, New Mexico, died in Kandahar, Afghanistan, on Feb. 8, 2011, from wounds suffered when insurgents attacked his unit using an improvised explosive device.

He is survived by his mother, Janis; and sisters, Megan Brown and Kristin Purdy.

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## Bradshaw

U.S. Army 1st Lt. Brian Bradshaw, 24, of Steilacoom, Washington, assigned to the 1st Battalion, 501st Parachute Infantry Regiment, 4th Airborne Brigade Combat Team, 25th Infantry Division, based in Fort Richardson, Arkansas, died in Kheyl, Afghanistan, on June 25, 2009, from wounds suffered when insurgents detonated a roadside bomb near his vehicle.

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He is survived by his parents, Paul and Mary; and brother, Robert.

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## **White**

U.S. Army 1st Lt. Ashley White, 24, of Alliance, Ohio, assigned to the 230th Brigade Support Battalion, 30th Heavy Brigade Combat Team, North Carolina National Guard, based in Goldsboro, North Carolina, died on Oct. 22, 2011, in Kandahar Province, Afghanistan, from wounds suffered when insurgents attacked her unit with an improvised explosive device.

She is survived by her husband, Capt. Jason Stumpf; parents, Robert and Deborah; brother, Josh; and sister, Brittney.

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## **Santora**

US Army Sgt. Jason A. Santora, of Farmingville, New York, assigned to the 3rd Battalion, 75th Ranger Regiment, based out of Fort Benning, Georgia, died in Logar Province, Afghanistan, on April 23, 2010, from wounds sustained during a firefight with insurgents.

He is survived by his parents, Gary and Theresa; and sister, Gina.

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## **Wood**

Australian Army Sgt. Brett Wood MG, 32, of Ferntree Gully, Victoria, assigned to the 2nd Commando Regiment, based in Sydney, New South Wales, died on May 23, 2011, in Helmand Province, Afghanistan, after insurgents attacked him with an improvised explosive device.

He is survived by his wife, Elvi; mother, Allison; and father, David. Donations can be made in his name to the Commando Welfare Trust.

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## Hidalgo

If you've got a twenty pound vest or body armor, wear it.

U.S. Army 1st Lt. Daren M. Hidalgo, 24, of Waukesha, Wisconsin, assigned to 3rd Squadron, 2nd Stryker Cavalry Regiment, based in Vilseck, Germany, died on Feb. 20, 2011, in Kandahar Province, Afghanistan, from wounds suffered when insurgents attacked his unit with an improvised explosive device. Two weeks prior to his death, he was hit by an earlier improvised explosive device. Despite his injuries, he stayed in the country and on patrols rather than return home.

He is survived by his father, Jorge; mother, Andrea; brothers, Miles and Jared; and sister, Carmen.

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## Ricky

U.S. Army Sgt. William "Ricky" Rudd, 27, of Madisonville, Kentucky, assigned to the 3rd Battalion, 75th Ranger Regiment, based in Fort Benning, Georgia, died on Oct. 5, 2008, from wounds suffered from enemy small arms fire while on a combat patrol in Mosul, Iraq.

He is survived by his father, William; stepmother, Barbara Rudd; stepbrother, Josh; mother, Pamela Lam; and sister, Elizabeth.

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## Dae Han

U.S. Army Sgt. First Class Dae Han Park, 36, of Watertown, Connecticut, assigned to the 3rd Battalion, 1st Special Forces Group (Airborne), based out of Joint Base Lewis-McChord, Washington, died on March 12, 2011, in Wardak Province, Afghanistan, from wounds suffered when enemy forces attacked his unit with an improvised explosive device.

He is survived by his wife, Mi Kyong; daughters, Niya and Sadie; parents, Joseph and Bonnie; and siblings, Katie and Saejin.

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## **Desforges**

U.S. Marine Corps Sgt. Joshua Desforges, 23, of Ludlow, Massachusetts, assigned to 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based in Camp Lejeune, North Carolina, was killed on May 12, 2010, while supporting combat operations in Helmand Province, Afghanistan.

He is survived by his parents, David and Arlene; and his loving sister, Janelle.

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## **Rahoi**

U.S. FBI Supervisory Special Agent Gregory J. Rahoi, 38, of Brookfield, Wisconsin, assigned to the Hostage Rescue Team, based in Quantico, Virginia, was killed on Dec. 6, 2006, during a live-fire tactical training exercise at Fort A.P. Hill, near Bowling Green, Virginia.

He is survived by his parents, Natalie and Richard; sister, Teri; and fiancee, Paula Paulk.

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## **Zimmerman**

U.S. Marine Corps 1st Lt. James R. Zimmerman, 25, of Aroostook, Maine, assigned to 2nd Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based in Camp Lejeune, North Carolina, died on Nov. 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.

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## **Klepto**

U.S. Air Force Maj. David “Klepto” L. Brodeur, 34, of Auburn, Massachusetts, assigned to the 11th Air Force, based at Joint Base Elmendorf-Richardson, Arkansas, died on April 27, 2011, in Kabul, Afghanistan, of wounds sustained from gunfire from an Afghan military trainee.

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He is survived by his wife, Susie; daughter, Elizabeth; and son, David.

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## **Del**

U.S. Army 1st Lt. Dimitri Del Castillo, 24, of Tampa, Florida, assigned to the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, based in Schofield Barracks, Hawaii, died on June 25, 2011, in Kunar Province, Afghanistan, from wounds suffered when enemy forces attacked his unit with small-arms fire.

He is survived by his wife, Katie; his parents, Mr. and Mrs. Carlos E. Del Castillo; his brother, Carlos Andres; and sister, Anna.

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## **Pheezy**

U.S. Marine Corps Lance Cpl. Philip P. Clark, 19, of Gainesville, Florida, assigned to 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based in Camp Lejeune, North Carolina, died on May 18, 2010, while supporting combat operations in Helmand Province, Afghanistan.

He is survived by his wife, Ashton; father, Mike; stepmother, Tammy; mother, Rosmari Kruger; and brothers, Tyler, Kyle and Ryan Nordyke.

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## **J.J.**

U.S. Marine Lance Cpl. Justin James “JJ” Wilson, 24, of Palm City, Florida, assigned to 3rd Battalion, 10th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based in Camp Lejeune, North Carolina, 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.

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## Jag 28

U.S. Air Force Senior Airman Mark Forester, 29, of Tuscaloosa, Alabama, assigned to the 21st Special Tactics Squadron, based in Pope Air Force Base, North Carolina, died on Sept. 29, 2010, while conducting combat operations in Uruzgan Province, Afghanistan.

He is survived by his parents, Ray and Pat; and siblings, Terri, David, Joseph and Thad.

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## Brian

U.S. Navy Special Warfare Operator Chief Petty Officer (SEAL) Brian R. Bill, 31, of Stamford, Connecticut, assigned to an East Coast-based Naval Special Warfare unit, died on Aug. 6, 2011, of wounds suffered when his unit's helicopter crashed in Wardak Province, Afghanistan.

He is survived by his mother, Patricia Parry, and her husband, Dr. Michael Parry; his father, Scott; and siblings, Christian, Amy, Andrea, Kerry, Tessa and Morgan.

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## Nick

U.S. Army Spc. Nicholas P. Steinbacher, 22, of La Crescenta, California, assigned to the 2nd Battalion, 5th Cavalry Regiment, 1st Brigade, 1st Cavalry Division, based in Fort Hood, Texas, died on Dec. 10, 2006, of injuries suffered when insurgents attacked his Humvee with an improvised explosive device in Baghdad, Iraq.

He is survived by his parents, Paul and Carolyn; and brothers, Dan and Kirk.

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## Strange

U.S. Navy Cryptologist Technician (Collection) Petty Officer 1st Class (Expeditionary Warfare Specialist) Michael J. Strange, 25, of Philadelphia, Pennsylvania, assigned to an East Coast-based Naval Special Warfare unit, died on Aug. 6, 2011, of wounds suffered when his unit's helicopter crashed in Wardak Province, Afghanistan.

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He is survived by his fiancee, Breanna Hostetler; parents, Elizabeth and Charles; and siblings, Katelyn, Carly and Charles.

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## Tumilson

U.S. Navy Special Warfare Operator Petty Officer 1st Class (SEAL/Enlisted Surface Warfare Specialist) Jon “JT” Thomas Tumilson, 35, of Rockford, Iowa, assigned to an East Coast-based Naval Special Warfare unit, died on Aug. 6, 2011, in Wardak Province, Afghanistan, of wounds suffered when his helicopter crashed.

He is survived by his parents, George and Kathy, and Joy and Scott McMeekan; sisters, Kristie and Joy; and his dog Hawkeye.

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## Ship

Canadian Forces Sgt. Prescott Shipway, 36, of Esterhazy, Saskatchewan, Canada, assigned to the 2nd Battalion, Princess Patricia’s Canadian Light Infantry, based in Shilo, Manitoba, Canada, was killed on Sept. 7, 2008, by a roadside bomb in Kandahar Province, Afghanistan.

He is survived by his wife, DeeDee; son, Hayden; and daughter, Rowan.

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## Jared

U.S. Army Master Sgt. Jared N. Van Aalst, 34, of Laconia, New Hampshire, assigned to the U.S. Army Special Operations Command, based in Fort Bragg, North Carolina, died Aug. 4, 2010, in Kunduz Province, Afghanistan, of wounds suffered while his unit was conducting combat operations.

He is survived by his wife, Katie Van Aalst; his daughters, Kaylie and Ava; and a posthumous son, Hugh Jared.

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## Tully

U.S. Army Sgt. 1st Class Michael J. Tully, 33, of Falls Creek, Pennsylvania, assigned to the 2nd Battalion, 1st Special Forces Group (Airborne), based in Fort Lewis, Washington, died on Aug. 23, 2007, in Baghdad, Iraq, of wounds sustained from an improvised explosive device.

He is survived by his son, Slade.

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## Holleyman

U.S. Army Staff Sgt. Aaron N. Holleyman, 27, of Glasgow, Mississippi, assigned to the 1st Battalion, 5th Special Forces Group, based in Fort Campbell, Kentucky, was killed on Aug. 30, 2004, when his military vehicle hit an improvised explosive device in Khutayiah, Iraq.

He is survived by his daughters, Shelby and Erin; son, Zachary; parents, Ross and Glenda; and siblings, Kelly and Daniel.

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## Adrian

U.S. Army Sgt. 1st Class Adrian Elizalde, 30, of North Bend, Oregon, assigned to the 2nd Battalion, 1st Special Forces Group (Airborne), based in Fort Lewis, Washington, died on Aug. 23, 2007, in Baghdad, Iraq, of wounds sustained from an improvised explosive device.

He is survived by his parents, Jorge and Teresa; sister, Rachel; and daughter, Sydney Grace.

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## Glen

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 Sept. 11, 2012.

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He is survived by his parents, Ben and Barbara; sister, Katie; and brother, Greg.

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### **Tom**

U.S. Army 1st Lt. 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, Arkansas, died on Oct. 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; sisters, Sarah Hood, Becky and Laura; fiancee, Erika Noyes; and grandmother, E. Jean.

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### **Ralph**

British Army 2nd Lt. Ralph Johnson, 24, of South Africa, assigned to the Household Cavalry Regiment, based in Windsor, England, was killed on Aug. 1, 2006, in Helmand Province, Afghanistan, when insurgents attacked his vehicle with an improvised explosive device.

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### **Clovis**

U.S. Army 2nd Lt. Clovis T. Ray, 34, of San Antonio, Texas, assigned to the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, based in Schofield Barracks, Hawaii, was killed on March 15, 2012, in Kunar Province, Afghanistan, when insurgents attacked his unit with an improvised explosive device.

He is survived by his wife, Shannon; son, Dean; parents, Bob Ben Sr. and Cecilia; brothers, Eddie and Bob Ben Jr.; and sister, Jennifer.

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### **Weston**



U.S. Drug Enforcement Administration Special Agent Michael E. Weston, 37, assigned to the Kabul Country Office in Kabul, Afghanistan, was killed on Oct. 29, 2009, when the helicopter he was in crashed in western Afghanistan.

He is survived by his wife, Cynthia Tidler; parents, Judy Zarit and Steve; and brother, Thomas.

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## **Loredo**

U.S. Army Staff Sgt. Edwardo Loredo, 34, of Houston, Texas, assigned to the 2nd Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, based in Fort Bragg, North Carolina, 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, 1st Sgt. Jennifer Loredo; daughter, Laura Isabelle; stepdaughter, Alexis; and son, Eddie Enrique.

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## **Sean**

U.S. Army Staff Sgt. Sean M. Flannery, 29, of Wyomissing, Pennsylvania, assigned to the 2nd Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), based in Fort Campbell, Kentucky, was killed on Nov. 22, 2010, in Kandahar Province, Afghanistan, when insurgents attacked his unit with an improvised explosive device.

He is survived by his fiancee, Christina Martin; mother, Charlene; and brothers, Sgt. Brian Flannery and Devin.

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## **Hortman**

U.S. Army Capt. John D. Hortman, 30, of Inman, South Carolina, assigned to the 1st Battalion, 160th Special Operations Aviation Regiment, based in Fort Campbell, Kentucky, died on Aug. 8, 2011, in Fort Benning, Georgia, in a helicopter accident during a military training exercise.



He is survived by his mother, Brenda Jones; sister, Jill; and brother, Andy Pierce.

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## **Hamilton**

U.S. Army Spc. Adam Hamilton, 22, of Kent, Ohio, assigned to the 4th Squadron, 4th Cavalry Regiment, 1st Brigade Combat Team, 1st Infantry Division, based in Fort Riley, Kansas, died on May, 28, 2011 in Haji Ruf, Afghanistan, of wounds suffered when enemy forces attacked his unit with an improvised explosive device.

He is survived by his father, Scott; stepmother, Connie; mother, Nancy Krestan; brothers, Brandon and Nick Krestan; and sisters, Shawney and Taya.

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## **Zeus**

U.S. Army Spc. David E. Hickman, 23, of Greensboro, North Carolina, assigned to the 2nd Battalion, 325th Airborne Infantry Regiment, 2nd Brigade Combat Team, 82nd Airborne Division, based in Fort Bragg, North Carolina, died on Nov. 14, 2011, in Baghdad, Iraq, from wounds suffered when insurgents detonated an improvised explosive device near his vehicle.

He is survived by his wife, Calli; parents, David and Veronica; and brother, Devon.

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## **Barraza**

U.S. Army Staff Sgt. Ricardo Barraza, 24, of Shafter, California, assigned to the 2nd Battalion, 75th Ranger Regiment, based in Fort Lewis, Washington, died on March 18, 2006, in Ar Ramadi, Iraq, when he came under small-arms fire by enemy forces during combat operations.

He is survived by his parents, Francisco and Nina; his siblings, Amanda, Rachel, Jamie and Frankie; and his fiancee, Maghan K. Harrington and her daughter, Kayla.

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## Cameron

U.S. Coast Guard Lt. Junior Grade Thomas Cameron, 24, of Portland, Oregon, in training at the Aviation Training Center in Mobile, Alabama, died on Feb. 28, 2012, when his unit's helicopter crashed into Mobile Bay in the Gulf of Mexico during a training mission.

He is survived by his parents, Bette and John; and brother, Alex.

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## Jorge

U.S. Coast Guard Chief Petty Officer Fernando Jorge, 39, of Cypress, California, an Aviation Survival Technician Chief, died on Feb. 28, 2012, when his unit's helicopter crashed into Mobile Bay in the Gulf of Mexico during a training mission.

He is survived by his sister, Gina.

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## Schmalls

U.S. Marine Corps Staff Sergeant Justin E. Schmalstieg, 28, of Pittsburgh, Pennsylvania, assigned to the 1st Explosive Ordnance Disposal Company, 7th Engineer Support Battalion, 1st Marine Logistics Group, I Marine Expeditionary Force, based in Camp Pendleton, California, died on December 15, 2010 while conducting combat operations in Helmand province, Afghanistan.

He is survived by his wife Ann Schneider, parents John and Deborah Gilkey, and brother John.

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## Brehm

U.S. Army Sgt. Dale G. Brehm, 23, of Turlock, California, assigned to the 2nd Battalion, 75th Ranger Regiment, based in Fort Lewis, Washington, died on March 18, 2006, when he came under small-arms fire from enemy forces during combat operations in Ar Ramadi, Iraq.

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He is survived by his wife, Raini; father, William; stepmother, Linda; and mother, Laura Williams.

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## Omar

U.S. Army 1st Lt. Omar Vazquez, 25, of Hamilton, New Jersey, assigned to the 2nd Squadron, 3rd Armored Cavalry Regiment, based in Fort Hood, Texas, died of wounds suffered April 22, 2011, when insurgents in Numaniyah, Iraq, attacked his unit with an improvised explosive device.

He is survived by his parents, Maria and Pablo; sister, Marisel; and brothers, Pablo and Javier.

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## Gallant

U.S. Navy Petty Officer 2nd Class Taylor Gallant, 22, of Winchester, Kentucky, assigned to the Explosive Ordnance Disposal Mobile Unit 12, based in Joint Expeditionary Base Little Creek in Virginia Beach, Virginia, died on Jan. 26, 2012, while conducting diving operations off the North Carolina coast in the Atlantic Ocean.

He is survived by his son, Ethan; brother, Kyle; mother, Elizabeth; and father, Joseph.

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## Bruck

U.S. Coast Guard Petty Officer 3rd Class Nathan B. Bruckenthal, 24, of Smithtown, New York, 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.

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## **Smykowski**

U.S. Marine Corps Sgt. Mark T. Smykowski, 23, of Mentor, Ohio, assigned to 2nd Reconnaissance Battalion, 2nd Marine Division, II Marine Expeditionary Force, based in Camp Lejeune, North Carolina, was killed on June 6, 2006, while conducting combat operations in Al Anbar Province, Iraq.

He is survived by his mother, Diana Ross; father, Bert; and brothers, Darren and Kenny, both Marines.

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## **Falkel**

U.S. Army Staff Sgt. Chris Falkel, 22, of Highlands Ranch, Colorado, assigned to the 1st Battalion, 3rd Special Forces Group, based in Fort Bragg, North Carolina, was killed on Aug. 8, 2005 by enemy small-arms fire in Deh Afghan, Afghanistan.

He is survived by his parents, Jeff and Dianne Falkel.

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## **Donny**

U.S. Army Spc. Donald L. Nichols, 21, of Shell Rock, Iowa, assigned to the 1st Battalion, 133rd Infantry Regiment, Iowa Army National Guard, based in Waterloo, Iowa, 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 Pooch; father and stepmother, Jeff and Jeanie; and his brothers, Nick and Joe.

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## **Dobogai**

U.S. Army Capt. Derek A. Dobogai, 26, of Fond Du Lac, Wisconsin, assigned to the 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division, based in Schofield Barracks, Hawaii, died on Aug. 22, 2007, in Multaka, Iraq, of injuries suffered when his unit's helicopter crashed.

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He is survived by his parents, David and Lisa; and brothers, Daniel and David Jr.

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## **Hotshots 19**

On June 30, 2013, 19 members of the Granite Mountain Hotshots firefighting team tragically lost their lives while fighting a fire in Yarnell, Arizona.

Hotshots 19 honors the memory of these 19 heroes

For more information, see “The 19,” “This Is CrossFit”and “‘We Rally’ From the ‘Hotshots 19’ Memorial Event.”

First posted Aug. 31, 2013

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## **Roney**

Police Service of Northern Ireland Constable Ronan Kerr, 25, of Omagh, Northern Ireland, was killed on April 2, 2011, by a car bomb outside his home in Omagh.

He is survived by his mother, Nuala; brothers, Cathair and Aaron; and sister, Dairine.

First posted Sept. 3, 2013

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## **The Don**

U.S. Marine Cpl. Donald M. Marler, 22, of St. Louis, Missouri, assigned to the 3rd Battalion, 1st Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, based in Camp Pendleton, California, died on June 6, 2010, while supporting combat operations in Helmand Province, Afghanistan.

He is survived by his mother, Susan; his father, David Sr.; his sister, Jennifer Pupillo; and his brothers, David Jr. and Jacob.

First posted Sept. 11, 2013

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## Dragon

U.S. Army Capt. Nicholas Rozanski, 36, of Dublin, Ohio, assigned to the 1st Battalion, 148th Infantry Regiment, 37th Infantry Brigade Combat Team, of the Ohio National Guard, based in Walbridge, Ohio, died on April 4, 2012, of wounds sustained during an enemy attack in Faryab province, Afghanistan.

He is survived by his wife, Jennifer; daughters, Emma and Anna; mother, Pamela Mitchell; father, Jan; and brothers Keith and Alex.

First posted Oct. 5, 2013

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## Walsh

U.S. Army 1st Lt. Jonathan P. Walsh, 28, of Cobb, Georgia, assigned to the 2nd Battalion, 504th Infantry, 1st Brigade Combat Team, 82nd Airborne Division, based in Fort Bragg, North Carolina, died on April 22, 2012, in Paktia, Afghanistan, when enemy forces attacked his unit with an improvised explosive device.

He is survived by his wife, Debra; son, Austin; parents, Carolyn and Paul; and brother, Christopher.

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## Lee

U.S. Army Staff Sgt. Dick Alson Lee Jr., 31, of Orange Park, Florida, assigned to the 95th Military Police Battalion, 18th Military Police Brigade, 21st Theater Sustainment Command, based in Sembach, Germany, died on April 26, 2012, from injuries sustained when his vehicle encountered an improvised explosive device in Ghazni Province, Afghanistan.

He is survived by his wife, Katherine; sons, Joshua and David; mother, Brenda, and her husband, Larry Carroll; father, Dick Sr.; sister, Specialist Vanessa Compton; and brother, Michael Carroll.

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## **Willy**

U.S. Marine Corps Sgt. Wade D. Wilson, 22, of Normangee, Texas, assigned to the 2nd Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, based in Camp Pendleton, California, died on May 11, 2012, while conducting combat operations in Helmand Province, Afghanistan.

He is survived by his mother and stepfather, Cindy Lee and Ward Easterling; father and stepmother, Mitchell Boyd and Tammy; brothers, Chad, Alex and Curtis; and sister, Layne.

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## **Coffey**

U.S. Marine Cpl. Keaton G. Coffey, 22, of Boring, Oregon, assigned to the 1st Law Enforcement Battalion, 1st Marine Headquarters Group, 1st Marine Expeditionary Force, based in Camp Pendleton, California, was killed on May 24, 2012, while conducting combat operations in Helmand Province, Afghanistan.

He is survived by his fiance, Brittany Dygert; and his parents, Grant and Inger.

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## **DG**

U.S. Air Force Maj. Walter David Gray, 38, of Conyers, Georgia, assigned to the 13th Air Support Operations Squadron, based in Fort Carson, Colorado, died on Aug. 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.

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## **TK**



U.S. Army Major Thomas E. Kennedy, 35, of West Point, New York, assigned to Headquarters and Headquarters Company, 4th Brigade Combat Team, 4th Infantry Division, based in Fort Carson, Colorado, died on Aug. 8, 2012, of wounds suffered when an insurgent detonated a suicide vest in Kunar Province, Afghanistan.

He is survived by his wife, Kami; son, Brody; daughter, Margaret; parents, George and Patricia; and brothers, John and George.

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## **Taylor**

U.S. Army Specialist David Wayne Taylor, 20, of Dixon, Kentucky, assigned to the 2nd Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, based in Fort Bragg, North Carolina, died in Kandahar province, Afghanistan on March 29, 2012, from wounds sustained in an accident at an ammunition supply point.

He is survived by his sisters Tamara Taylor and Christina Abell, and mother Sarah Whitledge Taylor.

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## **Justin**

U.S. Marine Corps Sgt. Justin M. Hansen, 26, of Traverse City, Michigan, assigned to the 2nd Marine Special Operations Battalion, based in Camp Lejeune, North Carolina, died July 24, 2012, in Badghis Province, Afghanistan, while conducting combat operations.

He is survived by his parents, Vickie Hayes and Richard; stepmother, Shawna; stepfather, Steven C. Cornell; sisters, Adrienne Russell, Morgan Compton and Veronica Compton; stepbrothers, Jeremy Borey and Adam Cornell; and stepsister, Jessica Borey.

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## **\*\*Nukes \*\***

U.S. Marine Corps Capt. Matthew "Nukes" Manoukian, 29, of Los Altos Hills, California, assigned to the 1st Marine Special Operations Battalion, based in Camp

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Pendleton, California, died Aug. 10, 2012, in Sangin District, Afghanistan, after being shot by an Afghan policeman.

He is survived by his parents, Socrates Peter and Patricia; and his brothers, Mike and Marty.

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**\*\*Zembiec \*\***

U.S. Marine Corps Maj. Douglas A. Zembiec, 34, of Albuquerque, New Mexico, assigned to Headquarters Battalion, Marine Corps National Capital Region, Henderson Hall, based in Arlington, Virginia, was killed during a firefight on May 11, 2007, in Baghdad, Iraq.

He is survived by his wife, Pamela; daughter, Fallyn; parents, Donald and Jo Ann; and brother, John.

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**\*\*Alexander \*\***

Staff Sgt. Alexander G. Povilaitis, 47, of Dawsonville, Georgia, assigned to the 570th Sapper Company, 14th Engineer Battalion, 555th Brigade, was killed in action on May 31, 2012, in Kandahar Province, Afghanistan, when enemy forces attacked his vehicle with an improvised explosive device.

He is survived by his wife, Kimberly; and two sons, Alexander Blaine and Danny.

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**\*\*Wyk \*\***

Army Pfc. Jacob H. "Wyk" Wykstra, 21, of Thornton, Colorado, assigned to 1st Battalion, 12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division, died May 28, 2014, in Kandahar Province, Afghanistan, of injuries sustained in an aircraft accident.

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He is survived by his wife, Katie Wykstra; mother, Heidi Katzenbach; father, Thomas Wykstra; brothers, Aiden and Connor Wykstra; sister, Hannah Donato; stepfather Ray Katzenbach; and stepmother, Joyce Wykstra.

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### **\*\*Bell \*\***

Air Force Senior Airman Bryan R. Bell, 23, of Erie, Pennsylvania, assigned to 2nd Civil Engineer Squadron at Barksdale Air Force Base, Louisiana, died Jan. 5, 2012, at Camp Bastion in Afghanistan, of injuries suffered when his vehicle struck an improvised explosive device.

He is survived by his wife, Alaina; parents, Richard Bell and Brenda Hart; sister, Candice; stepfather, David Aldrich; stepmother, Kim; stepsister, Stephanie Battista; stepbrother, Matthew Aldrich; maternal grandparents, Ross and Gertrude Peters; paternal grandmother, Carmen; mother- and father-in-law, Mike and Brenda Hart; sister- and brother-in-law, Mariel and Patrick Wilcox; and several aunts, uncles and cousins.

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### **JBo**

U.S. Army Staff Sgt. Jeremie “JBo” “Bubba” Border, 28, of Mesquite, Texas, assigned to the 1st Battalion, 1st Special Forces Group (Airborne), based in Torii Station, Okinawa, Japan, died Sept. 1, 2012, in Batur Village, Afghanistan, from wounds suffered when enemy forces attacked his unit with small-arms fire.

He is survived by his parents, Mary Border and Robert Harris; sisters, DeLaynie Peek, Katie Border, Ashley Harris and Amanda Pereira; nephews, Robbie and Kayden Pereira; and brothers-in-law, Jason Peek and Roberto Pereira.

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### **Kevin**

Navy Special Warfare Operator 1st Class Kevin Ebbert, 32, of Arcata, California, assigned to an East Coast-based Naval Special Warfare unit in Virginia Beach, Virginia, died Nov. 24, 2012, in Uruzgan Province, Afghanistan, while supporting combat stability operations.

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Ebbert is survived by his wife, Ursula; mother, Charlie Jordan; sister, Samantha Ebbert Martinez; stepsisters, Amy Funk and Kate Renner; stepfather, Mark Ritz; and grandfathers, Richard Ebbert and James Jordan. He was preceded in death by his father, Jeffrey, a retired Navy SEAL.

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## Rocket

U.S. Army Sgt. 1st Class Aaron “Rocket” Henderson, 33, of Houlton, Maine, assigned to the 2nd Battalion, 5th Special Forces Group (Airborne), died Oct. 2, 2012, at Bagram Air Base, Afghanistan, of wounds suffered from an improvised explosive device in Zombalay Village, Afghanistan.

Henderson is survived by his mother, Christine; brothers, Bob, Corey and Sam; sisters-in-law, Leisa, Holly and Kiley; and nephews and nieces, Kurtis, Kaitlyn, Davis, Dallas, Mia and Daniel. He is preceded in death by his father, Dallas.

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## Riley

Army Sgt. 1st Class Riley G. Stephens, 39, of Tolar, Texas, assigned to the 1st Battalion, 3rd Special Forces Group (Airborne), died Sept. 28, 2012, in Wardak, Afghanistan, of wounds caused by enemy small-arms fire.

Stephens is survived by his wife, Tiffany; three children, Austin, Morgan and Rylee Ann; parents, Michael and Joann; brother, Ken; and a number of family members.

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## Feeks

Special Warfare Operator Petty Officer 1st Class Patrick D. Feeks, 28, of Edgewater, Maryland, assigned to a Naval Special Warfare unit based on the West Coast, died Aug. 16, 2012, in a helicopter crash northeast of Kandahar, Afghanistan, while supporting Operation Enduring Freedom.

Feeks is survived by his mother and father, Thomas and Ginny; sister, Regina; and wife, Emily.

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## Ned

Special Agent Nathan “Ned” Schuldheiss, 27, of Newport, Rhode Island, a civilian assigned to the Air Force Office of Special Investigations, Detachment 204 Offutt Air Force Base, Nebraska, died Nov. 1, 2007, near Balad Air Base, Iraq, of wounds sustained from an improvised explosive device that struck his vehicle.

He is survived by his father, retired Lt. Col. Jeff Schuldheiss; mother, Sarah Conlan; stepfather, Kris Mills; and sister, Erin Dreeszen.

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## Sham

Air Force Staff Sgt. David “Sham” Wieger, 28, of North Huntingdon, Pennsylvania, a special agent for the Air Force of Special Investigations, Detachment 303, Travis Air Force Base, California, died Nov. 1, 2007, near Balad Air Base, Iraq, of wounds sustained from an improvised explosive device that struck his vehicle.

He is survived by his parents, Michael and Loreene; brother, Michael; sister-in-law, Brenda; and many aunts, uncles and cousins.

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## Ozzy

U.S. Air Force Master Sgt. Thomas “Ozzy” Crowell, 36, of Neosho, Missouri, died Nov. 1, 2007, near Balad Air Base in Iraq. The special agent for the Air Force Office of Special Investigations, Detachment 301 at Scott Air Force Base, Illinois, sustained wounds from an improvised explosive device that struck his vehicle.

Crowell is survived by his wife, Carol; two sons, Eric and Ian; and his mother, Peggy Whipp.

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## Jenny



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.

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### **Spehar**

U.S. Navy Special Warfare Operator Petty Officer 2nd Class (SEAL) Nicholas Spehar died Aug. 6, 2011, in Wardak Province, Afghanistan, of wounds suffered when his helicopter was shot down. The 24-year-old, of St. Paul, Minnesota, was assigned to a West Coast-based Naval Special Warfare unit and served during Operation Enduring Freedom.

Spehar is survived by his parents, Patrick and Annette; and siblings, Luke, Jacob and Lisa, and Marie Mielke.

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### **Luke**

Marine Staff Sgt. Leon H. Lucas Jr. died Aug. 1, 2011, in Helmand Province, Afghanistan, of injuries sustained from an enemy grenade attack in the upper Gereshk Valley. The 32-year-old, of Wilson, North Carolina, was assigned to the 3rd Battalion, 4th Marine Regiment, Twentynine Palms, California, and served during Operation Enduring Freedom.

Lucas is survived by his wife, Mary; and children, Tyson, Zachary and Quentin.

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### **Robbie**

U.S. Army Staff Sergeant Robert J. Miller died Jan. 25, 2008, in Bari Kowt, Afghanistan, of wounds sustained when he encountered small-arms fire while conducting combat operations. The 24-year-old, of Oviedo, Florida, was assigned to the 3rd Battalion, 3rd Special Forces Group (Airborne) in Fort Bragg, North Carolina, and

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served during Operation Enduring Freedom. In October of 2010, Miller was awarded the Medal of Honor posthumously for his heroic actions in combat.

Miller is survived by his parents, Philip and Maureen; brothers, Thomas, Martin and Edward; and sisters, Joanna, Mary, Therese and Patricia.

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### **Shawn**

U.S. Army Captain Shawn G. Hogan, of Salem, New Hampshire, died Oct. 17, 2012. The 28-year-old was fatally injured in a training exercise at Land Between the Lakes National Recreation Area in Golden Pond, Kentucky. He was assigned to Company B, 4th Battalion, 5th Special Forces Group (Airborne) in Fort Campbell.

Hogan is survived by his parents, Richard and Jean; and sister, Nicole.

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### **Foo**

Sgt. Gary “Foo” Morales, of the Port St. Lucie County Sheriff’s Office in Florida, died Feb. 28, 2013. Morales, 35, was fatally shot during a traffic stop. The Air Force veteran was employed by the St. Lucie County Sheriff’s Office for 12 years and had just been promoted to Sergeant Deputy.

He is survived by his wife, Holly; daughters, Brooklyn and Jordan; parents, William and Candy; brothers, Brian, Ken and Brad; grandmother, Romanita Rodriguez; and eight nieces and nephews.

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### **Bowen**

Captain Jeffrey Bowen, of Alexander, North Carolina, died July 28, 2011. The 37-year-old was a 13-year veteran of the Asheville Fire Department, assigned to Rescue 3. Bowen was fatally injured while fighting a four-alarm fire in a medical building.

He is survived by his wife, Stacey; son, Charlie Ray; and daughters, Robin Parker and Sarah.

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## Gaza

Air Force Capt. Lucas “Gaza” Gruenther, 32, of Twain Harte, California, died on January 28, 2013, when his F-16 went down in the Adriatic Sea off the coast of Italy as a result of bad weather. Gruenther was the chief of flight safety for the 31st Fighter Wing at Aviano Base, Italy, at the time of his death.

He is survived by his wife, Cassy; daughter, Serene; parents, Romel Mathias and Joseph Malin; brother and sister-in-law, Alex and Britton; and brother, Chance Hildreth.

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## Crain

Officer Michael “Freight” Crain, of Beaumont, California, died Feb. 7, 2013, when he was fatally injured by gunfire in an apparent ambush while on patrol. A former U.S. Marine Corps sergeant, the 34-year-old had been with the Riverside Police Department for 11 years, assigned to field operations and the SWAT Team.

He is survived by his wife, Regina; son, Ian; and daughter, Kaitlyn.

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## Capoot

Officer James Lowell Capoot, of the Vallejo Police Department, died Nov. 17, 2011, in the line of duty while chasing after an armed man suspected of robbing a bank. The 45-year-old, who lived in Vacaville, California, joined the Vallejo Police Department in 1993 and served as a motorcycle officer, motorcycle instructor, driving instructor and SWAT officer. He received two medals of courage, including one life-saving medal, as well as many other department commendations.

Capoot is survived by his wife, Jennifer; three daughters, Jillian, Jamie and Justine; mother, Beverly Sue; brother and sister-in-law, Louie and Susie DeCarlo; and several other family members. He is preceded in death by his father, Lowell Jesse Capoot.

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## Hall

U.S. Air Force Capt. Ryan P. Hall, of Colorado Springs, Colorado, died Feb. 18, 2012, near Camp Lemonnier, Djibouti, Africa, when his single-engine U-28 aircraft crashed. There were four total fatalities. The 30-year-old was assigned to the 319th Special Operations Squadron, Hurlburt Field, Florida.

Hall is survived by his parents, Dennis and Kliffa; girlfriend, Marianne Vicente; brother and sister-in-law, Brandon and Karin; brother, Damon; grandmothers, Jean Hall and Nayda Nunn; and nieces and nephews, Erika, Natalie, Izabelleh, Evan and Noah.

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## Servais

U.S. Air Force Senior Airman Adam Servais, of Onalaska, Wisconsin, died Aug. 19, 2006, in Uruzgan Province, Afghanistan, when his vehicle came under hostile fire. The 23-year-old was assigned to the 23rd Special Tactics Squadron, Hurlburt Field, Florida.

Servais is survived by his parents, Peter and Susan; and sister, Laura.

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## PK

U.S. Army Capt. Andrew Pedersen-Keel, of South Miami, Florida, died March 11, 2013. The 28-year-old was assigned to 1st Battalion, 3rd Special Forces Group (Airborne), in Fort Bragg, North Carolina. Pedersen-Keel was fatally injured in Jalrez District, Afghanistan, from small-arms fire from an Afghan security-forces member.

He is survived by his mother and stepfather, Helen Pedersen Keiser and Bob Keiser; father, Henry Keel; sister, Mary Elizabeth Keel; and fiancée, Celeste Pizza.

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## Marco

U.S. Marine Cpl. Marc T. Ryan, of Gloucester City, New Jersey, died Nov. 15, 2004, from a roadside bomb in Ramadi, Iraq. The 25-year-old was a weapons specialist



assigned to the 2nd Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force at the Marine Corps Base Camp in Pendleton, California.

Ryan is survived by his parents, Thomas and Linda; brother, Chris; and sister, Lauren.

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### **René**

Danish Army Sgt. René Brink Jakobsen of Vang, Denmark, died Jan. 3, 2013, after being hit by an improvised explosive device while on foot patrol with his unit in Upper Gereshk Valley in Helmand Province, Afghanistan. The 39-year-old was a member of the elite Danish Special Forces Ranger unit called Jaegerkorpet.

Jakobsen is survived by his wife, Camilla; three children, Mie, Sara and Thor; and many loving relatives and friends.

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### **Pike**

U.S. Navy Chief Petty Officer Christian Michael Pike, of Peoria, Arizona, died March 12, 2013, in Landstuhl, Germany. Pike, 31, sustained combat-related injuries days earlier while conducting stability operations in the Maiwand District of Kandahar, Afghanistan. He was assigned to the West Coast-based Naval Special Warfare unit in California. The Chief Cryptologic Technician was posthumously awarded the Bronze Star with Valor.

Pike is survived by his mother, Diana; his sister, Denise; and his fiancée, Morgan Lakner.

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### **Kutschbach**

U.S. Army Staff Sgt. Patrick Kutschbach, of McKees Rocks, Pennsylvania, died Nov. 10, 2007, in Bagram, Afghanistan, from injuries sustained when his vehicle was hit by a rocket-propelled grenade and small-arms fire in Tagab Valley, Afghanistan. The 25-year-old was assigned to the 1st Battalion, 10th Special Forces Group in Germany.

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Kutschbach is survived by his wife, Ginger; son, Bastian; father, David; mother, Debbie Huffner; and brothers, David and Andrew.

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## Jennifer

Canadian 1st Class Constable Jennifer Kovach of Guelph, Canada, died March 14, 2013, when her squad car was involved in a motor-vehicle accident while she was responding to a call for service. The 26-year-old fulfilled her dream of becoming a police officer serving her community and the Guelph Police Service for four years before her death.

Kovach is survived by her mother, Gloria; father, Bill; brother, Brian; grandparents, Chester and Elvira Janicki; boyfriend, Kyle Schlosser; and many other friends and family members.

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## Horton

Share the work with your partner however you choose with only one person working at a time. If you can't find a partner, perform 5 reps of each exercise per round and find a heavy sandbag to carry.

U.S. Army Spc. Christopher D. Horton, of Collinsville, Oklahoma, died Sept. 9, 2011, in Zurmat District, Afghanistan, of wounds sustained when enemy forces attacked his unit with small-arms fire. The 26-year-old was assigned to 1st Battalion, 279 Infantry Regiment, 45th Infantry Brigade Combat Team, Oklahoma National Guard.

Horton is survived by his wife, Jane; parents David and Cherie; brother, Nicholas; sister, Tenley; and many other friends and family members.

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## Scooter

Sgt. Scott Lunger, of Brentwood, California, died July 22, 2015, after being gunned down during a traffic stop. A second officer returned fire, hitting the suspect who was later caught and taken into police custody. Lunger, 48, had served the Hayward Police

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Department since 2001 as a beat cop, on the special duty unit, gang task force, SWAT, was a Field Training Officer and acting lieutenant at the time of his death.

Lunger is survived by his daughters, Ashton and Saralyn; brother and sister-in-law, Mike and Shey; brother Todd; sister and brother-in-law, Michelle and Lance Schroeder; father and stepmother, Paul and Donna; half sister, Ciara; and many other family members and friends. He is preceded in death by his mother, Alice.

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## Matt 16

U.S. Army Chief Warrant Officer Matt Ruffner, of Tafford, Pennsylvania, died April 9, 2013, in Pachir Wa Agam district, Afghanistan, from injuries sustained when his AH-64 Apache helicopter crashed. The 34-year-old was assigned to 1st Attack Reconnaissance Battalion, 104th Aviation Regiment, 28th Combat Aviation Brigade, 28th Infantry Division, Pennsylvania National Guard, Fort Indiantown Gap, Pennsylvania.

Ruffner is survived by his parents, Chuck and Diane; brother, Jeff; and girlfriend, Jackie Bignardi.

First posted Nov. 11, 2015

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## T.U.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 members. Donations can be made in his name to The Unquiet Professional, a nonprofit organization started by the family and benefitting Gold Star Families.

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## **Harper**

Phoenix Firefighter Brad Harper, 23, of Peoria, Arizona, died while on the scene of a two-alarm fire on May 19, 2013. Harper loved being a firefighter and had worked with the Phoenix Fire Department, where he was assigned to Rescue 21, for two years.

He is survived by his wife, Lena; three younger brothers, Ryan, Daniel and Jacob; and parents, Bob and Cyndy.

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## **Sisson**

U.S. Army 2nd Lt. Justin Sisson, 23, assigned to 1st Battalion, 506th Infantry Regiment, 4th Brigade Combat Team, 101st Airborne Division in Fort Campbell, Kentucky, died June 3, 2013, from wounds caused by a suicide bomber in Chamkani, Afghanistan.

Sisson is survived by his parents, Kevin and Phyllis; brother, Ryan; grandmothers, Judith Liming and Janis Beshoner; and numerous other friends and family members.

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## **Terry**

Drug Enforcement Administration Special Agent James “Terry” Watson, 43, of Holly Ridge, Louisiana, was killed during a robbery attempt in Bogotá, Colombia, on June 20, 2013. Prior to his 13 years of service with the D.E.A., Special Agent Watson worked for the U.S. Marshal’s Service and served in the U.S. Army.

He is survived by his wife, Fadia Margarita De La Rosa; father, Paul, and his wife, Linda; mother, Henrietta; brother, Scott; and numerous other family members and friends.

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## **Big Sexy**

Sgt. Lance “Big Sexy” McLean, 38, of Biloxi, Mississippi, died on June 29, 2013, from a gunshot wound he sustained in the line of duty on June 28, 2013. Prior to his death,

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McLean served as a Sergeant with the Sheriff's Office, and as a member of the SWAT Team in Hood County, Texas.

He is survived by his wife, Katy; and two children, Abigail and Quinton.

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### **Woehlke**

Brian Woehlke, 29, of Detroit, Michigan, died at the scene of a fire in Westland, Michigan, on May 8, 2013. Woehlke graduated from the Schoolcraft Fire Program in 2008 and joined the Western Wayne Fire Authority in 2012.

He is survived by his wife, Jennifer; daughter, Ava; parents, William and Elizabeth; brothers, William, Robert and Bradley; and numerous other friends and family members.

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### **Maupin**

U.S. Army Staff Sgt. Keith "Matt" Maupin, 24, of Batavia, Ohio, disappeared on April 9, 2004, when insurgents south of Baghdad attacked his convoy with small-arms fire and rocket-propelled grenades. His remains were found on March 20, 2008. Prior to his disappearance, Maupin served as part of the 724th Transportation Company in Bartonville, Illinois.

He is survived by his mother, Carolyn; father, Keith; a brother and sister; and many other friends and family members.

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### **Hildy**

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.

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She is survived by her husband, Chase Clayton.

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### **T.J.**

United States Marine Corps Pfc. Anthony “TJ” Antell Jr., 35, of Arlington, Texas, died May 2, 2016, from a gunshot wound when he tried to disarm a gunman at a local Walgreens. Antell was the owner of CrossFit Abattoir.

He is survived by his wife, Crystal; sons, Hayden and Liam; daughter, Rilee; and many other friends and family members.

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### **Monti**

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 Calvary, 3rd Brigade Combat Team, 10th Mountain Division in Fort Drum, New York. He was awarded the Medal of Honor on Sept. 17, 2009.

Monti is survived by his parents, Paul and Janet; brother, Timothy; and sister, Niccole.

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### **DVB**

Officer David Vanbuskirk, 36, of Henderson, Nevada, was killed on July 23, 2013, when he fell during a nighttime aerial rescue mission in Las Vegas, Nevada. Vanbuskirk had been employed with the Las Vegas Metropolitan Police Department since 1999 and joined the elite Search and Rescue Team in 2007.

Vanbuskirk is survived by his wife, Adriana; sister, Jenny; and mother, Pat. He is preceded in death by his father, Red; and brother, Michael.

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### **Nickman**



U.S. Army Spc. Nicholas B. Burley, 22, of Red Bluff, California, died July 30, 2013, in Logar Province, Afghanistan, of injuries caused by indirect fire. Burley was assigned to 6th Squadron, 8th Cavalry Regiment, 4th Infantry Brigade Combat Team, 3rd Infantry Division, Fort Stewart, Georgia.

Burley is survived by his mother, Tammy Kneebone; father, Mike Burley; brothers, Michael Collins, Zachary Miller and Will Burley; and many other friends and family members.

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## **Marston**

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.

Marston is survived by his girlfriend, Christine Clark; parents, Bill and Nancy; three siblings, Chris, Jeffrey and Emily; and many other friends and family members.

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## **Artie**

Police Officer Arthur “Artie” Lopez, 29, of Babylon Village, New York, was killed in the line of duty on Oct. 23, 2012. Officer Lopez, a decorated eight-year veteran of the force, was serving on the Emergency Services Unit at the Nassau County Police Department at the time of his death. He kept himself in peak physical condition for the job as a member of CrossFit Merrick in Bellmore, New York. Fran and Cindy were among his favorite workouts.

He is survived by his sister, Charo; and parents, Alfonso and Mirella.

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## **Hollywood**

Sgt. Jonathan Stuart “Hollywood” Hollingsworth, 35, of Rotherham, Yorkshire, England, was killed on Nov. 23, 2006, during a mission in Basra, Iraq. At the time of his death, he was serving with the D Squadron, 22nd SAS Regiment, in the British

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Army. He received the Conspicuous Gallantry Cross and Queen's Gallantry Medal for his bravery in the line of duty. Hollingsworth was a fitness enthusiast and loved pushing himself past the "hurt locker," according to his friends. His favorite activities included running, skydiving and rugby. He is survived by his wife, Kate; and sons, Jake and Billy.

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## **Manuel**

Italian Army Capt. Manuel Fiorito, 27, of Verona, Italy, was killed May 5, 2006, when a roadside bomb detonated near his vehicle in Kabul, Afghanistan. Shortly before he died, Fiorito tended to other wounded men and prepared for defense against the enemy attack.

Fiorito served with the Italian 2nd Alpine Regiment and was posthumously awarded the Silver Medal of Military Valor for his bravery.

Fiorito was fond of Cindy, Murph, Mary and Angie, and was a pioneer in bringing CrossFit to the Italian military community. He is survived by many friends and family members.

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## **Tiff**

United States Army Capt. Benjamin David Tiffner, 31, of West Virginia, died Nov. 7, 2007, when his vehicle was struck by an improvised-explosive device in Baghdad, Iraq, while he was supporting Operation Iraqi Freedom.

In 1996, Tiffner was nominated by Senator Robert Byrd to the U.S. Military Academy at West Point. He graduated from the Academy in 2000. After six years of service, Tiffner graduated from the Special Forces Qualification Course and was assigned to the 5th Special Forces Group (Airborne).

Tiffner's mother, Judith, said her son always wanted to serve.

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## **Paul Pena**



Army Captain Paul Pena, 27, of San Marcos, Texas, died on Jan. 19, 2010, from wounds sustained from an enemy force's improvised explosive device. Pena was leading a patrol in Arghandab River Valley in Afghanistan at the time of his death. He was assigned to the 2nd Battalion, 508th Parachute Regiment, 4th Brigade Combat Team, 82nd Airborne Division in Fort Bragg, North Carolina.

Pena participated in the Junior ROTC program at San Marcos Baptist Academy and later graduated from the U.S. Military Academy at West Point. He maintained his fitness with CrossFit workouts and particularly enjoyed running, burpees, push-ups and pull-ups.

He is survived by his mother, Cecilia.

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### Yeti

Mark Thomas Urban, 40, was killed on Sept. 27, 2013, during a parachute jump while conducting an equipment evaluation at a remote airstrip outside of Prairie, Idaho. Urban, a Senior Smokejumper, began his career as a wild-land firefighter for the U.S. Forest Service in 1999. In 2003, he joined the Bureau of Land Management's Great Basin Smokejumpers.

Urban embodied positivity, hard work, self improvement and fun.

He is survived by his wife, Rebecca; parents, Thomas and Pamela; sister, Sara Quaglia; nephew, Gavin Quaglia; and many other friends and family members.

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### Liam

U.S. Army Sgt. 1st Class Liam J. Nevins, 32, of Middlebury, Vermont, was killed by small arms fire while conducting combat operations in Paktia Province, Afghanistan, on Sept. 21, 2013. Nevins was assigned to Operational Detachment Alpha 9521, Bravo Company, 5th Bn., 19th Special Forces Group, based in Fort Carson, Colorado.

His friends remember him as a cut above when it came to fitness. He enjoyed hiking and running outdoors, as well as the full gamut of CrossFit movements, from Olympic lifting to gymnastics.

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He is survived by his mother, Victoria; father, William; fiancée, Julie Huynh; and sisters, Maeve and Raven.

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## **Wes**

U.S. Navy Lt. J. Wesley “Wes” Van Dorn, 29, of Greensboro, North Carolina, died on Jan. 8, 2014, of injuries sustained in a helicopter crash off the coast of Virginia. He was a member of Helicopter Mine Countermeasures Squadron 14 at the Naval Air Station in Norfolk, Virginia.

Van Dorn was a well-rounded and skilled athlete. According to his friends, he “prided himself on his ability to lift huge weight with the big guys and run with the smaller ones.”

Van Dorn is survived by his wife, Nicole; sons, Jaxton and Maddox; parents, Mark and Susan; brother, Max; and sister, Cara.

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## **Miron**

Mirosław “Miron” Łucki, 38, died Aug. 23, 2013, in Ghazni Province, Afghanistan, from fatal wounds inflicted by an improvised explosive device. Łucki was a Warrant Officer at the time of his death, and was posthumously promoted to Sergeant Major of the Army. Łucki began his service in the Polish Army in 1997.

Łucki enjoyed cross-country running and the intensity of CrossFit workouts. When it came to fitness his motto was “100 percent or it’s not worth the hassle.”

Łucki is survived by his wife and son.

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## **Pat**

Army Sgt. Patrick Hawkins, 25, of Carlisle, Pennsylvania, was killed on Oct. 6, 2013, while conducting a special operations mission in Kandahar Province, Afghanistan, as

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part of Operation Enduring Freedom. Hawkins was assigned to the 3rd Battalion, 75th Ranger Regiment of Fort Benning, Georgia.

Hawkins' friends and fellow service members remember his enthusiasm for CrossFit. He often used CrossFit training with his Fire Team and particularly enjoyed wearing weighted body armor during his workouts.

Hawkins is survived by his wife, Brittanie; and parents, Roy and Sheila.

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### **Scotty**

Scott "Scotty" Deem, 31, of San Antonio, Texas, was killed while responding to a four-alarm structure fire on May 18, 2017. Deem and his fellow firefighters were searching the building for survivors, but after 11 minutes, Deem sounded a Mayday call. Rescuers were unable to locate him in time.

Deem served with the San Antonio Fire Department for six years. The department is home to a non-profit CrossFit affiliate, where he worked hard to stay in peak physical health. His favorite workouts included The Chief, DT and Lynne.

Deem is survived by his wife, Jennifer; and children, Dakota, Tyler and Aubrey (due August 2017).

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### **Rich**

U.S. Army Staff Sgt. Richard Lee Vazquez, 28, of Seguin, Texas, died Nov. 13, 2013, of wounds sustained from an improvised explosive device in Panjwai District, Afghanistan.

Vazquez joined the Army in 2004 and earned many awards during his service including: the Purple Heart, three Army Commendation Medals, two Army Achievement Medals, the Meritorious Unit Citation, two Army Good Conduct Medals, the National Defense Service Medal, the Iraq Campaign Medal with one Campaign Star, the Afghanistan Campaign Medal and many more.

Vazquez was a dedicated CrossFit athlete. His favorite movements included snatches, cleans, running, kettlebell swings and pull-ups. He is survived by his mother, Teresa L.

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Paddie; father, Teodoro Vazquez Lopez; step-father, Bryan Melton; brothers, Romario Vazquez, Brandon K. Melton and Pablo Vazquez; and sisters, Christine Marie Vazquez, Celza L. Saucedo, Ashley J. Hyde, Isabel C. Vazquez and Endina S. Vazquez.

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## Dallas 5

On July 7, 2016, a sniper coordinated an ambush on a group of police officers in Dallas, Texas. Dallas 5 commemorates the five officers who lost their lives in the attack.

Dallas Police Officer Patricio “Patrick” Zamarripa, 33, was a member of the force for six years and served active duty with the U.S. Navy for eight years and in the reserves for five. He is survived by his wife, Kristy, and daughter, Lincoln Rae.

Dallas Police Senior Corporal Lorne Ahrens, 48, was a longtime member of the force. He served with the Los Angeles Police Department for 10 years before moving to Texas and joining the Dallas Police Department in 2002. He is survived by his wife, Katrina, and children, Sorcha and Magnus.

Dallas Police Officer Michael Krol, 40, was an eight-year veteran of the Dallas Police Department and a dedicated member of the Wayne County Sheriff’s Office in Detroit, Michigan, before that. He is survived by numerous friends and family members.

Dallas Police Sergeant Michael Smith, 55, served as a U.S. Army Ranger before joining the police force in 1989. The 27-year veteran of the force is survived by his wife, Heidi, and daughters, Victoria and Caroline.

Dallas Area Rapid Transit Officer Brent Thompson, 43, served in the Marine Corps before joining the Corsicana Police Department and then the Dallas Police. He is survived by his wife, Emily, and many other friends and family members.

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## Dunn

Marine Corps Lance Cpl. Kielin Dunn, 19, of Chesapeake, Virginia, died on Feb. 18, 2010, while supporting combat operations in Helmand Province, Afghanistan. Dunn was assigned to the 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force in Camp Lejeune, North Carolina.

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His friends remember him for his passion and enthusiasm, which extended to athletic activities such as CrossFit and break dancing.

He is survived by his parents, Terri Dunn Campbell and Gary Campbell; sister, Nicole Campbell; and brother, Jonathan Campbell.

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### Kev

Operator Cpl. Kevin van de Rijdt, 26, of the Netherlands, died Sept. 6, 2009, during heavy combat in Afghanistan. He was a member of Special Forces (Korps Commando Troepen) Task Force 55 within the Netherlands Armed Forces.

Van de Rijdt was an avid CrossFit athlete and instructor in Venlo, Netherlands. His favorite movements included deadlifts, bar muscle-ups and partner bar-facing burpees.

He is survived by his father, Paul; his mother, Karin; his sister, Wendy; his godchild; and many colleagues and friends.

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### Emily

Second Lt. Emily Jazmin Tatum Perez, 23, was killed Sept. 12, 2006, when her Humvee was struck by an improvised explosive device 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 graduated from the U.S. Military Academy in 2005. She was an exemplary student and became the highest-ranking African-American female cadet in the history of West Point. An exceptional athlete, Perez was a sprinter on the track team (200 m) and competed in the triple jump. She also excelled at gymnastics and squats. Her favorite movements included sprinting, double-unders, pull-ups, squats and power cleans.

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.

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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.

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## **Andy**

U.S. Army Sgt. 1st Class Andrew T. Weathers, 30, of DeRidder, Louisiana, died Sept. 30, 2014, at Landstuhl Regional Medical Center in Germany.

Weathers was wounded Sept. 28 in Helmand Province, Afghanistan, when he heroically ran to a rooftop through hundreds of incoming rounds to repel an attack of insurgents who were attempting to overrun his position. His actions saved the lives of five U.S. Green Berets and nine Afghan Commandos at his location. Weathers was assigned to the 2nd Battalion, 7th Special Forces Group, at Eglin Air Force Base in Florida.

Weathers is survived by his parents, Michael and Jere; sister, Carrie; brother, Dusten; and many other friends and family members.

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## **Viola**

U.S. Army Staff Sgt. Alex Viola, 29, was killed Nov. 17, 2013, in Kandahar Province, Afghanistan, from wounds caused by an improvised explosive device. Originally from Keller, Texas, Viola was an engineer assigned to the 3rd Battalion, 7th Special Forces Group at Eglin Air Force Base, Florida. He was awarded numerous awards for his service, including the Army Achievement Medal, the National Defense Service Medal, the Army Good Conduct Medal, the Global War on Terrorism Service Medal and the Army Service Ribbon.

Viola traveled often and worked out at many CrossFit affiliates. Some of his favorite movements were pull-ups, power snatches and power cleans. He also enjoyed running.

Viola is survived by his parents, Margaret and Frank; and his sister, Christina.

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## **Coffland**



U.S. Army Spc. Christopher J. Coffland, 43, of Baltimore, Maryland, died Nov. 13, 2009, in Wardak province, Afghanistan, of wounds suffered when enemy forces attacked his unit with an improvised explosive device. Coffland, who joined the Army a month before reaching the enlistment age limit of 42, was assigned to the 323rd Military Intelligence Battalion at Fort Meade, Maryland. He was deployed to Afghanistan two weeks prior to his death.

Coffland was a CrossFit athlete who was known to have demolished the U.S. Army Physical Fitness Test, which features push-ups, sit-ups and a 2-mile run. He was particularly fond of long workouts, heavy lifts, distance sprints, push-ups and sit-ups.

Coffland is survived by his parents, David and Toni; his sisters, Lynn, Karen and Laurie; his brother, David; and many other friends and family members.

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## The Lyon

Capt. David Lyon, 28, of Sandpoint, Idaho, was killed by an improvised explosive device in Kabul, Afghanistan, on Dec. 27, 2013. Lyon was a member of the 21st Logistics Readiness Squadron at Peterson Air Force Base in Colorado Springs, Colorado.

He was a 2008 graduate of the Air Force Academy, where he became well known for his athleticism, leadership and strength of character. He was a sports standout in high school and at the Academy, and while serving in the Air Force, he inspired many to start CrossFit.

He is survived by his wife, Capt. Dana Lyon, and many other friends and family members.

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## T

Marine Master Sgt. Aaron Torian, 36, of Paducah, Kentucky, died Feb. 15, 2014, during combat operations in Helmand Province, Afghanistan. Torian was assigned to 2nd Marine Special Operations Battalion, Marine Special Operations Regiment, U.S. Marine Corps Forces Special Operations Command in Camp Lejeune, North Carolina, and was on his sixth deployment at the time of his death.



He started CrossFit training in 2006 and was one of the original members of CrossFit Wilmington in North Carolina. His favorite movements included cleans, thrusters, sprints and kettlebell swings.

He is survived by his wife, Jurley; and children, Elijah, Laura Bella and Avery.

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### **Havana**

Italian Army C.le Magg. Sc. Roberto Marchini, 28, of Viterbo, Italy, died during a reconnaissance mission in Afghanistan's Bakwa district on July 12, 2011. Marchini served in the 8th Airborne Combat Engineer Regiment, Folgore Brigade.

While on base, Marchini used whatever he could find to do CrossFit, often incorporating farmers carries, sandbag runs and tire flips in his workouts. His favorite exercises were double-unders, push-ups and power cleans.

Marchini is survived by numerous friends and family members.

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### **Tama**

Cpl. Luke Tamatea, 31, of Kawerau, New Zealand, was killed by a roadside bomb on Aug. 19, 2012, while serving with the New Zealand Defence Force in the Bamyan Province of Afghanistan. Tamatea was posted to 1st Battalion Royal New Zealand Infantry Regiment and was serving his second tour in Afghanistan at the time of his death.

He was an avid CrossFit athlete and enjoyed body-weight exercises and practicing farmers carries over long distances in preparation for Special Forces selection.

He is survived by his wife, Sarah Erb; and children, Kyla, Kaytlen, Nikita and Keira.

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### **Otis**



U.S. Marine Lt. Col. Christopher “Otis” Raible, 40, of North Huntington, Pennsylvania, was killed by insurgents during an attack on Camp Bastion, Afghanistan, on Sept. 14, 2012. Raible joined the Marines in 1995, served in Iraq and Afghanistan, and was the commanding officer of Marine Attack Squadron 211 out of Marine Corps Air Station in Yuma, Arizona.

Raible trained CrossFit with his wife, Donnella, and daughter Catherine. His favorite movements were deadlifts, squats, overhead presses and bench presses.

He is survived by his wife, Donnella; daughters, Catherine and Allison; and son, Brian.

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### **Josie**

Deputy U.S. Marshal Josie Wells, 27, of Harleston, Mississippi, was killed in the line of duty on March 10, 2015. Wells began his career with the Marshals Service in January 2011 and was assigned to the Southern District of Mississippi in September 2014.

He enjoyed training CrossFit with his friends and colleagues, especially when the workouts involved running or power cleans.

He is survived by his wife, Channing, and son, Josie Jr.

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### **Dork**

Boston firefighter Michael Kennedy, 33, of Boston, Massachusetts, died fighting a nine-alarm fire on March 26, 2014. 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.

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 is survived by his girlfriend, Sarah Wessman, and many other beloved friends and family members.

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## Bert

U.S. Marine Cpl. Albert Gettings, 27, of New Castle, Pennsylvania, died on Jan. 5, 2009, while conducting counter-sniper operations in Fallujah, Iraq. Cpl. Gettings was serving as a team leader with the 2nd Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, of Camp Lejeune, North Carolina, at the time of his death.

Every quarter, Cpl. Gettings' fellow Marines in Fox Company complete a special CrossFit workout in his honor as part of the Cpl. Albert P. Gettings Award ceremony.

He is survived by his wife, Stephanie Palimino; parents, David and Juliet; and sister, Cori.

Sources:

- <https://journal.crossfit.com/article/benchmark-workouts-2>
- [http://library.crossfit.com/free/pdf/27\\_04\\_new\\_girls.pdf](http://library.crossfit.com/free/pdf/27_04_new_girls.pdf)

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