

**REMEMBRANCE RUN & DAILY MEMORIAL WORKOUTS**



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



US Air Force SSgt Timothy P. Davis, 28, of Aberdeen, WA, killed in Afghanistan February 20, 2009, in support of Operation Enduring Freedom, when his vehicle encountered an improvised explosive device.



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

# HERO WEEK

**MAY 17**

**REMEMBRANCE RUN 5K WITH OBSTACLES**

DEL VALLE FIELD  
START TIMES: 6:30AM OR 8:30AM  
FREE T-SHIRTS (while they last)

**MAY 20 - 24**

**MEMORIAL WORKOUTS HONORING OUR FALLEN SERVICE MEMBERS**

WILBURN GYM  
6 - 8 AM  
WORKOUTS MAY BE SCALED

**MAY 20**

**COFFEY**

- 800 METER RUN
- 50 BACK SQUATS
- 50 BENCH PRESS
- 800 METER RUN
- 35 BACK SQUAT
- 35 BENCH PRESS
- 800 METER RUN
- 20 BACK SQUAT
- 20 BENCH PRESS
- 800 METER RUN
- 1 MUSCLE-UP

\* ALL SQUATS & PRESS ARE 135/95 lb.

**MAY 22**

**DT**

- 12 DEADLIFTS
- 9 HANG POWER CLEANS
- 6 PUSH JERKS

\* 5 ROUNDS FOR TIME, ALL EXERCISE ARE 155/105lb.

**MAY 24**

**MURPH**

- 1 MILE RUN
- 100 PULL-UPS
- 200 PUSH UP
- 300 AIR SQUATS
- 1 MILE RUN

\*ALL WITH A WEIGHT VEST (20/14lb.)

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**FREE and open to all authorized patrons.**

Pre-register at Sports, Bldg. 801 or Wilburn Gym, Bldg. 1533. For more information, call 760.830.4069/4070.