

4th annual Maltz Challenge

Friday March 26, 2010



On March 23, 2003, Master Sergeant Michael Maltz, a U.S. Air Force PJ (Para-rescue) was killed in action in a helicopter crash along with 5 of his brother PJ's while attempting a rescue mission of injured/sick children in the mountains of Afghanistan. MSGT Maltz is the late brother of Derrick Maltz, Special Agent in Charge of SOD.

On Friday, March 26, 2010 the 4th Annual MALTZ CHALLENGE will be held by DEA Offices around the world in honor of MSGT Maltz and others who have given the ultimate sacrifice for our country.

According to those who were close to him, MSGT Maltz possessed an enormous amount of strength and stamina. Bearing this in mind, a workout was specifically developed that would be particularly challenging in honor of him.

You are challenged to complete the entire workout in the shortest amount of time possible for you:

- 400 meter run
- 50 pull ups (alternate form for women)
- 100 meter fireman's carry – or - 200 meter farmer's walk with 50 pound dumbbells (25lb for women)
- 50 dips
- 100 push ups (50 for women)
- 50 knees to elbows
- 100 sit-ups
- 400 meter run

WHERE: CrossFit King of Prussia (www.crossfitkop.com) is honored to host and participate in this event by opening up their facility to the members and friends of the DEA Philadelphia Division. The CrossFit King of Prussia facility is located at **200 Dekalb Pike, Bridgeport, PA 19405**. There is plenty of room at this facility for everyone to participate or even come to watch and cheer on those who are participating. Contact Aimee Lyons, 973.885.8728 or crossfitkop@gmail.com for more information.

TIME: 6AM, 12 Noon, 4:30PM, 5:30 PM and 6:30PM. Social gathering will follow.

