

The Rocky Mountain Division presents.

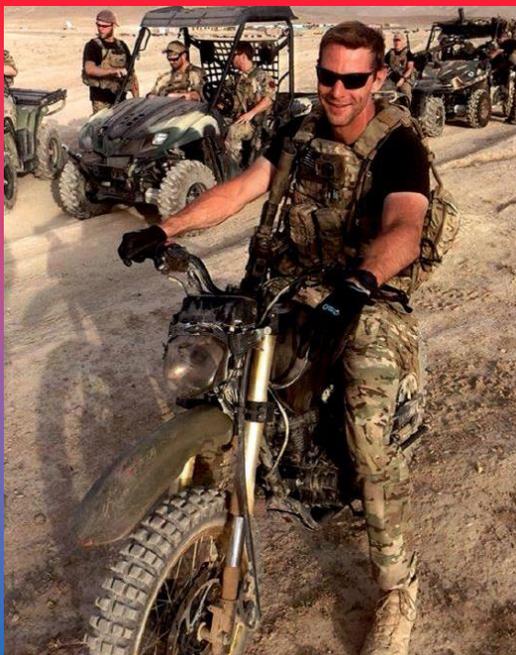


2016 MALTZ CHALLENGE



March 11, 2016 from 1:00 pm – 3:00 pm
Denver Broncos Training Facility

Dedicated in Memory of SSG Liam J. Nevins, U.S. Army



About the Maltz Challenge

This annual event began in 2006 and is held in memory of USAF MSGT Michael Maltz, who was killed in action during a rescue mission in Afghanistan on March 23, 2003.



Maltz Challenge Events in Order

1. 400 meter run
2. 50 pull-ups (dead-hang)
3. 100 yard Firemen's Carry or 200 yard Farmer's Walk with 50 lb (men) or 25 lb (women) dumbbells
4. 50 dips
5. 100 push-ups
6. 50 knees to elbows
7. 100 sit-ups
8. 400 meter run

Open to all competitors in support of military and their family members and law enforcement! For more information and to register see www.deamaltzchallenge.com or contact Todd Gregory at 720-895-4173 or ROBERT.T.GREGORY@USDOJ.GOV

The goal of this event is to honor the fallen. We encourage individuals of all fitness levels to participate. A Half Maltz or alternate exercise can be substituted based on the participant's ability.