



METRO SWAT & GILLETTE STADIUM TO HOST BOSTON STRONG RESPONDERS WORKOUT MARATHON

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The METROLEC SWAT team, in conjunction with Gillette Stadium, will host a 26-hour First Responder Workout Marathon to raise money to assist victims of the Boston Marathon bombing, including MBTA Officer Richard Donohue and the family of MIT Officer Sean Collier. All proceeds will be donated to The One Fund.

The workout marathon will be held at Gillette Stadium on Saturday, June 22. The workouts will be led by CrossFit & Fitness coaches, kicking off at 2:50 p.m. and concluding on Sunday, June 23 at 5:00 p.m. It will be open to Military and First Responders, including Police, Fire, EMS and hospital emergency staff, all of whom are encouraged to enter teams. The endurance event will not be open to the public.

Team size will be between 10 and 12 people and each team will be asked to raise a minimum of \$2,600.00 in pledges per team.

The workout marathon will consist of 26 separate workout stations in and around Gillette Stadium and Patriot Place. Each team, not individuals, must complete a set amount of repetitions per exercise station. The workouts will be geared toward people of all fitness levels. During the first six hours of the event, the entire team will be required to workout. After completing the first six-hour portion of the event, a minimum of six competitors must continue the workout. Teams will be allowed to rotate personnel through the 25th hour of the event. In the 26th and final hour, all teams will be encouraged to finish the event together.

All competitors will compete in and finish this event in the same way that they responded to the events at the Boston Marathon; One team, One mission!

Details are developing related to post event festivities. Family and spectator details will be posted soon. Stay tuned to the website for updates.

Please visit our website for signup and event information.
www.bswm617.com

Space is limited. Please sign up today.
Donation details to follow.