

# DETROIT MALTZ CHALLENGE



On Friday, March 23, 2018, the DEA Detroit Division Office, the Detroit Lions, CrossFit in the D, GBRX Fitness, American Home Fitness, and Michigan Storage Centers will host the 2018 Detroit Maltz Challenge, a CrossFit Challenge at the Detroit Lions Training Facility. This is an annual worldwide event that began in 2007 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.



## EVENT DETAILS

**WHO:** The Maltz Challenge is open to Federal Law Enforcement Agencies, State & Local Law Enforcement, Military personnel and friends of the Bell family.

**WHAT:** A CrossFit Challenge designed to honor those members of the Armed Services who have been killed in the line of duty.

The Maltz Challenge events are performed in the following order\*:

1. 400 meter run
2. 50 pull-ups
3. 100 yard fireman'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

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

**WHEN & WHERE:** Friday, March 23, 2018 at 10:00 am, Detroit Lions Training Facility, 222 Republic Drive, Allen Park, Michigan.

**COST:** Free - This is not a fundraising event and there is no cost for Maltz Challenge participation. Come out and honor our nation's heroes. This year's event will be limited to the first 75 participants who register at [detroitmaltzchallenge@gmail.com](mailto:detroitmaltzchallenge@gmail.com). Maltz Challenge t-shirts will be for sale for \$20. If interested please include your size when registering.

**This Year the DEA Detroit Division Office honors Staff Sergeant Vincent J. Bell, USMC.**

**Born – July 8, 1983 Died – November 30, 2011, in Helmand Province, Afghanistan (28 years old)**

SSgt Bell graduated from Crockett Technical High School in Detroit in 2001. He enlisted in the United States Marine Corps on July 9, 2001, and subsequently began Recruit Training at Marine Corps Recruit Depot, Parris Island, SC. After completing boot camp and subsequent training, SSgt Bell served four tours of duty in Iraq and was serving his first tour of duty in Afghanistan as an artilleryman assigned to 2<sup>nd</sup> Battalion, 11<sup>th</sup> Marines, 1<sup>st</sup> Marine Division. SSgt Bell was killed by an improvised explosive device (IED) while conducting a foot patrol.



His awards include the Purple Heart, Navy and Marine Corps Achievement Medal, Combat Action Ribbon Presidential Unit Citation, Navy Unit Commendation Medal, Good Conduct Medal, National Defense Service Medal, Afghanistan Campaign Medal, Iraq Campaign Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, and Sea Service Deployment Ribbon. SSgt Bell was buried at Arlington National Cemetery.

SSgt Bell is survived by his mother, Pamela; father, James; and two sisters, London and Andrea.



**REGISTER:** Via e-mail at [detroitmaltzchallenge@gmail.com](mailto:detroitmaltzchallenge@gmail.com)  
Include your name and agency information

For more information, visit [www.deamaltzchallenge.com](http://www.deamaltzchallenge.com).  
You can also contact a representative from the DEA Detroit Division Office.  
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