



2024 HERO BIOGRAPHIES AND WORKOUTS



**Compiled by the 24 Hours of Heroes Team
with information sourced from:**

Personal Accounts
Canadian Virtual War Memorial
Project Heroes
Various Internet and News Articles

Workout date and time:

Saturday, November 9, 2024

10:00am EST

For Time:

- 10 Handstand Push Ups
- 15 Deadlifts (250/175 lbs)
- 25 Box Jumps (30/24)
- 50 Pull Ups
- 100 Wall Balls (20/14lbs)
- 200 Double Unders
- 400m Run with (45/35 lbs) plate

Lieutenant Andre Richard Nuttall “Nutts”

1st Battalion Princess Patricia's Canadian Light Infantry (1 PPCLI) Edmonton, Alberta



Lt. Nuttall was born in Prince Rupert, B.C., he joined the air cadets while living in Yellowknife NWT and studied engineering at the University of Victoria. Before enlisting in 2007, he worked in both the computer and fitness industries - including as a trainer at Crossfit Vancouver.

December 23, 2009, at the age of 30, he was killed by a roadside bomb while on foot patrol near Kandahar City, Afghanistan. He is remembered as a generous, enthusiastic leader, and as an athlete who enjoyed the outdoors; surfing, snowboarding, camping, and hiking.

He is survived by his proud parents, Richard and Ethel, his brother John, and many other family and friends.

Gale Force



Workout date and time:

Saturday, November 9, 2024

11:15 am EST

30 Min AMRAP:

- 20 Box Step ups (20/24) with weighted backpack (50/35lbs)
- 25 Burpees-Over- Backpack
- 19 Air Squats

After 30 minutes, complete another 19 Air Squats as a group

Devyn Gale: British Columbia Wildfire Service



Devyn Gale at the age of 19, died on July 13, 2023 after being struck by a falling cedar tree near Revelstoke. She had been clearing brush on a very steep and heavily forested slope in the mountains. She was in her third year of service with B.C. Wildfire. Her brother Nolan and sister Kayln also volunteer with the Columbia Fire Zone Unit based in Revelstoke, and “Gale Force” became the family’s nickname.

She had completed her second year of the Bachelor of Science Nursing program at the University of British Columbia for which her passionate and nurturing personality was very well suited. She enjoyed competitive swimming, skiing with her family and was especially passionate about trampoline gymnastics and competed at an elite level in this sport.

She is remembered for her caring, hard work, love of the outdoors and her commitment to public service. She brought joy to all who knew her and showed sincerity and integrity in all of her endeavours.

She is survived by her parents Graham and Philomena, siblings Nolan and Kayln, her extended family and a large community of friends and classmates.

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24
HOURS OF
HEROES

Workout date and time:

Saturday, November 9, 2024

12:30 pm EST

4 Rounds For Time with 45/25# plate:

- 400m Run
- 7 Plate Squats
- 7 V Ups with Plate
- 9 OH Plate Lunges
- 3 Strict Pull Ups with Plate

In Memory of the Ornge air ambulance 7793 crash in northern Ontario, near Moosonee on Friday, May 31, 2013.

Captain Don Filliter

- survived by his wife Suzanne Pelletier and their 3 children
- 54 years old, from Skead, ON
- respected pilot with 20+ years experience



First Officer Jacques Dupuy

- 43 years old of Otterburn-Park, Quebec
- husband to Josée Capuano and father of 2 children
- had flown all over the world



Flight Paramedic Dustin Dagenais

- former OHL player
- 34 years old of Moose Factory, ON
- survived by his wife Josee Cousineau and their young daughter



Flight Paramedic Chris Snowball

- 19 years in paramedic service
- survived by wife Allie Scott and 3 children
- 38 years old of Burlington, ON



OP Matiru



Workout date and time:

Saturday, November 9, 2024

1:45pm EST

Partner WOD for time:

- 50 Front Squats (135/95)
- 50 Push Press (135/95)
- 50 Deadlifts (225/185)
- 1500m Row
- 25 Front Squats (135/95)
- 25 Push Press (135/95)
- 25 Deadlifts (225/185)
- 1500m Row
- 10 Burpees per partner per set*

**As this is a partner WOD, every time you swap who is working on the barbell, the person who just finished their work will complete 10 burpees while the other partner continues working. There will be no burpees during the row. If you are completing this workout solo, halve the reps and complete 10 burpees each time you break up your set.*



Master Corporal Charles “Chuck” Wahome Matiru, 1 PPCLI (Princess Patricia’s Canadian Light Infantry)

OP MATIRU was created to honour a good friend and an amazing soldier. He was born in Nairobi, Kenya on August 2nd, 1980. He joined the army in 2003 and was deployed on a number of operations, including four tours in Afghanistan. His skills as a soldier and a leader were not only great, but a reflection of his humble attitude and calm demeanor.

In June of 2009, while in Afghanistan, Charles wrote the Poem “Dark Shadow” describing his unseen psychological struggles. * A copy of his poem is attached. On January 15, 2013 Charles Matiru died by suicide at the age of 32. At the time he was engaged to be married and was

expecting his first child.

He is survived by his cherished partner Captain Stephanie Matiru of Kingston and their child, also by his siblings David, Robert and Zabrina, his mother Barbara and predeceased by his father Havelock.

“DARK SHADOW”

Once again I see my shadow
He does not leave my side
Clinging to me at every turn
As before his taunts are unrelenting

Mother prays he lets me be
My return will ease her worry
I keep my shadow at bay
Writing home that all is well

I am longing for high noon
My shadow will be no more
I have a job to do
The ominous shadow must be ignored

I venture into the city's heart
My protection, cunning camouflage and gun
My shadow creeps an inch closer
He anticipates his chance to strike

Mission complete: time for some reflection
Reliving those moments of extreme tension
The young man on the motorbike
A suicide bomber, shadow's willing conduit

He missed his chance this time
Yet he remains by my side
Not willing to give me up easily
Knowing more missions are to follow

Why am I here I ponder
Dancing with my shadow once again
I realize I have no fear
I am numb to his decision

The sun is shifting way above
High noon is approaching with haste
I see my shadow slowly shrinking
Home is beckoning my destiny awaits
Not every man evades his shadow
This theatre filled with such violence
Today another of ours has fallen

Man's hatred toward man so senseless

Charles Wahome Matiru, Afghanistan, June 8, 2009

Workout date and time:

Sunday, November 10, 2024

10:00 am EST

For Time:

Buy-in: 52 Wall Balls (20/14lbs)

Into 31 rounds of:

- 9 DB Box Step Overs (50/35lbs, 24"/20")
- 9 DB Hang Power Cleans (50/35lbs)
- 20 Double Unders
- 1 Devil Press (50/35lbs)

Cash-out: 52 Wall Balls (20/14lbs)

Detective Constable Jeffrey Northrup (#99201) Toronto Police Service



July 2, 2021, while responding to a “priority call” Detective Northrup died when he was intentionally struck by the suspect’s vehicle. He was 55 years old.

He worked at 52 Division since 2008 and was known for his mentorship of new officers, his nicknames included; “Coach”, “Papa Bear” and “Big Country” and he would often make his signature chili or brownies to bring in to the station.

He also served his Brampton community as a scout Leader and lacrosse coach. He was often seen at Special Olympics Brampton events, cheering for the athletes, especially for his daughter Samantha. His wife Margaret and sons Brennan and Mitchell were also devoted Special Olympic volunteers.

During his funeral, Margaret spoke about how much he truly loved life and life loved him back and she said good-bye with the following words: "I am so grateful to have had you in my life for 28 years. You were my knight, my strength, my confidant, and my best friend ... I am lost without you. However, I will remain strong with you still in my heart, and by my side."

This workout was created by Coach Meg Garrett @meggarrettstrong, CF-L2, of CrossFit Crosscheck (Ontario, Canada), with special significance to the rep scheme. The buy-in and cash-out reps represent his division. The 31 rounds represent the number of years he served, and the 9-9-20-1 rep scheme represents his badge number.

Workout date and time:

Sunday, November 10, 2024

11:15 am EST

For Time:

- Buy in: 911m row
- Into 12 rounds of:
 - 9 bar-facing burpees
 - 1 power clean (185/125#)
 - 1 front squat (185/125#)
- Cash out: 911m row

911 Dispatchers (or Telecommunications operators) provide the vital link between the community and police, fire, and ambulance services. With confidence, calmness, and reassurance, they are trained to make quick, effective decisions in unpredictable and demanding emergency situations that could affect the safety and well-being of the public and emergency services personnel.

Dispatch personnel have a variety of roles and duties, including:

- Responding to emergency and non-emergency calls from the public
- Coordinating officers on shifts, and prioritizing and dispatching appropriate services
- Gathering information from disoriented and distraught callers, and advising callers in distress

Dispatch personnel are at risk for experiencing “vicarious trauma” and “compassion fatigue”. Studies have shown that “vicarious trauma” - the experience of trauma symptoms resulting from repeated exposure to other people's trauma - and “compassion fatigue,” which is “cost of caring for others or for their emotional pain,” can lead to depression, anxiety, burnout, and other negative health effects.

This workout was designed to bring awareness to the stressors faced by dispatch personnel, which have historically been overlooked. The repeated 911 and 9-1-1 rep scheme represents the “911” emergency line, and the 12 rounds represent that dispatch personnel are there for us 12 months of the year, and always.



Workout date and time:

Sunday, November 10, 2024

12:30 pm EST

26 Min AMRAP:

- 10 Pull-Ups
- 15 KB Swings (16/24kg)
- 20 Box Jumps (24/20")

Canadian 1st Class Constable Jennifer Kovach of Guelph, Ontario



Jennifer died March 14, 2013, when her squad car was involved in a motor-vehicle accident while she was responding to another officer's call for assistance. The 26-year-old fulfilled her dream of becoming a police officer proudly wearing badge number 72 while serving her community and the Guelph Police Service for four years before her death.

She is remembered as a proud Canadian, a thrill-seeking daredevil with a love of the outdoors, dirt bikes and ATVs. Her father, a retired paramedic, recalls his pride and her excitement when they were able to work together in their respective roles. She is survived by her mother, Gloria; father, Bill; brother, Brian; and many other friends and family.

- 24 Hours of Heroes promotes "Jennifer" as a partner workout
- Friends, children, and families are encouraged to partner in completing this workout in order to symbolize the relationship between Officers and partners on shift together, sharing the work and supporting each other

CHASING MONSTERS



Workout date and time:

Sunday, November 10, 2024

1:45 pm EST

For time, with a partner, wearing a vest:

- 500 Burpees
 - 0-100: Partners switch as desired (without penalty)
 - 101-200: With every switch, the working partner does a **5 Push-up penalty** before partner 2 begins
 - 201-300: **10 Air squats penalty**
 - 301-400: **15 Hanging knee raises penalty**
 - 401-500: Remove vest and complete synchro burpees

...Once complete, support other teams still working to share the load!

An Ontario Police Officer who lives with PTSD daily and openly talks about their journey wrote the following quote: "Monsters only chase us when we run". Take a moment to let that sink in. Many of you here participating may be struggling or know someone who is.



Recent studies show that:

- 44.5% of PSP (public service personnel) will develop PTSD in their career
- suicide rates among Paramedics are 5x higher than the national average, and 10x higher for Police
- 31 active and retired RCMP officers died by suicide between 2006-2014
- 19 Canadian Veterans suicided in 2019, and 12 in 2020
- 1% of males will survive suicide

Tecumseh once said that *"Although a single twig will break, a bundle of twigs is strong"*.

This is a piece of wisdom that we all should take to heart. And we're here to tell you that you're not alone. It is time we normalize speaking with each other and asking for assistance with our traumas. The truth is suicide catches everyone's attention, but it is the actions leading up that seem to go unnoticed. We hope that this workout, events like 24 Hours of Heroes, and the important work of mental health services like Wounded Warriors Canada start bridging that gap.

Reach out to us anytime. The 24 Hours of Heroes team is always here and available.

Thank you for taking the time to remember and honour these men and women, and support 24 Hours of Heroes as we work to raise funds and awareness for Veterans and First Responders living with Operational Stress Injuries.

For more information on 24 Hours of Heroes, please visit www.24hoursofheroes.com or email Isabelle Hicks at isabelle@24hoursofheroes.com.

