



From: HOPE FOR THE WARRIORS™
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CrossFit enthusiast “muscles up” 100 times for wounded heroes

Operation Pull For Hope raises more than \$55,000 to benefit Hope For The Warriors™

QUEENS, NY, November 14, 2009—Gillian Mounsey, a personal trainer and CrossFit enthusiast from New York City, completed 100 “muscle ups” in just 35 minutes to raise funds for Hope For The Warriors™, a national non-profit organization that assists wounded service members and their families and families of the fallen. The “muscle up” is an advanced version of a pull-up done on gymnastics rings in which the motion continues until the arms are straightened and the body is above the rings. Mounsey’s feat raised more than \$55,000 in support of Hope For The Warriors™ mission that no sacrifice is forgotten, nor need unmet for the heroes of the wars in Iraq and Afghanistan.

The FDNY Emerald City Pipe and Drums were on hand to get the event off to a rousing start, followed by Staci Rudinitsky’s performance of the National Anthem. Jeff Tucker, of GSX Athletics and a CrossFit Gymnastics Subject Matter Expert, hosted the event. Seventy attendees made donations for the opportunity to complete a muscle up alongside Mounsey, while more than 300 viewed the event live on-line. A silent auction raised additional funds, including \$500 for the rings used by Mounsey at the event.

As a native New Yorker, 9/11 had a profound impact on Mounsey’s life and she recognizes the heroism in the military’s response to this event. “It is my honor to contribute in some small way to improving the quality of life for those who made tremendous sacrifices for our citizens,” says Mounsey. “It is their bravery and selfless devotion that allow me the freedom to feel safe in my hometown and pursue my dreams. I attacked this challenge with the same determination that those serving our country give every day.”

Mounsey has been a personal trainer for 13 years and holds multiple certifications including CrossFit Levels 1,2, Basic Barbell, Olympic Lifting, and Gymnastics. Her physical accomplishments include holding the world record for push-ups and being the United States Marine Corps National Physical Fitness Champion in 1995. Mounsey is an avid CrossFitter who took 3rd Place in the 2008 CrossFit Games.

Proceeds from this event benefitted Hope For The Warriors™ programs, including Immediate Needs financial assistance, Warrior House, Family Support, Warrior’s Wishes™, Above and Beyond professional development, Team Hope For The Warriors™ and Hope and Morale programs. For more information, please visit their website at www.hopeforthewarriors.org.

The event was held at CrossFit Long Island City in Queens, NY. CrossFit is a fitness program that offers certification and training programs around the world. For more information, visit their website at www.crossfit.com.

Hope For The Warriors™ is a civilian organization, with 501(c)(3) non-profit status, is not a government agency and is solely supported by the generosity of individuals, corporations, and foundations in support and appreciation of those who have sacrificed in the name of freedom. Federal Tax Id#20-5182295. Hope For The Warriors™ is a recipient of the Combined Federal Campaign, CFC #27800.

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