



MEDIA ADVISORY
FOR Feb. 22, 2016

Alaska National Guard
Release: 17-008

Alaska National Guard's CrossFit gym hosts workout for suicide awareness

JOINT BASE ELMENDORF-RICHARDSON, Alaska – The Alaska National Guard is proud to announce that its CrossFit affiliate, 907 CrossFit, will be an official host gym of the “WOD to End Veteran Suicide” workout Feb. 22. This annual nationwide CrossFit event raises awareness about the 22 veterans who die by suicide every day.

Media are invited to attend the workout, which is from 11:45 a.m. to 1:00 p.m.

Anyone with JBER access may participate in the event. There is no cost to attend.

More information about the program and cause may also be found here: www.activeheroes.org/wod

###

What: “2WOD to End Veteran Suicide” CrossFit workout

Where: Drill hall floor at Camp Denali, Joint Base Elmendorf-Richardson

When: Feb. 22, workout will begin promptly at 11:45 a.m.

JBER ACCESS: **Media must be at the JBER-Richardson gate at 11:15 a.m.** for escort on base. Please call Lt. Col. Candis Olmstead by 10 a.m. at 428-6030 if you will be sending media.