



NEWS RELEASE

Winter Park Police and Fire Department



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FOR IMMEDIATE RELEASE

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Winter Park Police and Firefighters, Civilian Athletes Find Strength in Sept 11 Heroes Tribute Workout Performed by First Responders and Civilians Channels

WHO: Winter Park Fire-Rescue Department, Winter Park Police Department, Uncanny Fitness

WHAT: Police and fire athletes, cross-functional athletes and adaptive athletes team up for a tribute workout in memory of the heroism and bravery demonstrated by so many on September 11, 2001. Together, athletes are raising money to benefit local law enforcement and fire-rescue personnel. Tribute workouts are not uncommon amongst the cross-functional fitness programs, where athletes go up against strenuous workouts by finding inspiration among the story or stories of those who have given their all.

WHEN: Sunday, September 11, 2022
8:45am – 9:45am

WHY: The workout, designed by Uncanny Fitness, includes unique references to September 11th, in addition to fire and police eccentric gear and movements. More than fifty (50) athletes have signed up, including local police officers, firefighters, cross-functional athletes and adaptive athletes, who together raised money to support today's local heroes as a tribute to the heroes defined twenty-one (21) years ago that fateful day. Co-Owner of Uncanny, Steve Kwong, whose life was saved by first responders five (5) years ago, has led to form this unique partnership with Winter Park police and fire.

WHERE: Uncanny Fitness
1120 Solana Ave.
Winter Park, Florida

VISUAL: The Winter Park Police and Fire Chiefs, members of SWAT and fire-rescue will work alongside civilians in the community. A heat for adaptive athletes will also be designated. Athletes will be working under the backdrop of a large aerial flag, as displayed by the Winter Park Fire Department, in remembrance of all those who lost their lives that fateful day and all those who continue to serve our community and those who have made the ultimate sacrifice.

NOTES: Registration is now closed; however, observers are encouraged to come and help support the athletes.