

Chad 1000X

VETERANS DAY HERO WOD DEDICATED TO CHAD WILKINSON

Pre-Order



Chad 1000X, Veteran Suicide Prevention

Together with Sara Wilkinson, we bring you the hero workout "Chad", in honor of Navy SEAL Chad Wilkinson who took his life on October 29, 2018 due to the effects of numerous deployments, several TBIs, blast wave injuries and PTSD. Our goal is to honor Chad's life and legacy and by raising awareness for suicide prevention.

All proceeds from *Chad 1000X* patches and t-shirts sold will go to brain and mental health programs funded by the [Navy SEAL Foundation](#), a GORUCK Official Partner. **#CHAD1000X**




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From Sara Wilkinson, Gold Star Spouse:

"My husband, Navy SEAL Chad Wilkinson, served honorably for 21 years. When Chad took his life he had everything to live for: myself and our children, extended family, his fellow brothers and our community.

This is a silent disease where symptoms, triggers and warnings are often recognized too late. Chad is not alone, this is a silent epidemic with the enemy sneaking quietly into our homes and it has to stop. We want to use Chad's life and legacy to raise awareness for suicide prevention. Our hope is to remove mental health stigmas, and encourage people to reach out, one step at a time, no matter who you are.

Our goal is to honor Chad and all Veterans currently struggling this and every Veterans Day moving forward. I hope you'll join me and our community in doing the Hero WOD that Dave Castro named after my husband Chad, supporting the  SEAL Foundation."



CHAD 1000X

The Workout

1000X Step Ups Completed as a team, partner, or individual for time.

3 OPTIONS:

1. **Slick** // No rucksack. You pick the height of the step-ups.
2. **Standard** // 30#/20# rucksack. You pick the height of the step-ups.
3. **Expert** // 45# rucksack. Use 20" box for step-ups.



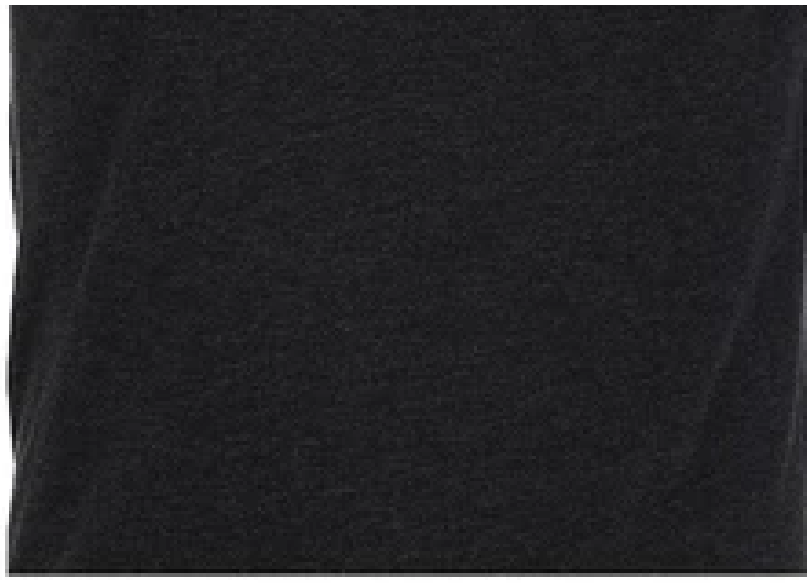
"Even while serving as a SEAL, Chad took time to scale up to the Expert version. There is zero shame in starting Slick, or with Standard weight, or in sharing the steps with a friend."

– Sara Wilkinson

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4.9 ★★★★★
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Chad 1000X T-shirt + Patch Bundle

\$40.00



4.9 ★★★★★
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Chad 1000X Women's Tank + Patch Bundle
\$40.00

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WATCH THE VIDEO

CHAD 1000X: SARA WILKINSON

DECEMBER 14, 2018

From CrossFit Games Director, Dave Castro


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"A few weeks ago we lost an American hero. A friend of mine and someone I worked with when I was in the Navy. At his funeral his wife mentioned that he did 1,000 step ups for time with a 45 pound pack on a 20" box to train for climbing Mt. Aconcagua. Tonight I did this workout with James Hobart, Adrian Bozman, and Jimi Letchford. We did it as a celebration of his life and to honor his memory. If you are looking for something to do this weekend give this one a go and keep Chad in mind."

Suicide Awareness

The Veterans Day "Chad" Hero WOD goes beyond the Veteran, CrossFit, and GORUCK communities – it is for everyone. Chad was the oldest of four siblings and a born overachiever. He was good at everything, but couldn't reach out for help even to those of us who would do anything for him.

There are a lot of people who are struggling, too many lives are lost. Many more we can prevent. We believe that physical health leads to mental health and everybody  somebody. So use "Chad" as inspiration. Say his name, honor his story, and live big by sharing your time with friends and those you love. Tomorrow is never promised.

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