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Nick, Dan, Dr. Raymond A. and Raymond M. Fritz share a moment together at the eighth annual Navy SEAL Challenge Benefit on Sept. 9 at the VFW and Hoover Karate Academy in Egypt.



Dr. Lora Baker, Patty Brogan, Shannon McGinley, Ameer Siegel, Kelsie Ohdner and Dana Zwayer prepare to participate in the rope climbing challenge at the SEALs fundraiser.



Dr. Lora Baker of Allentown Family Foot Care pulls herself along this rope.



Nick, Raymond M. and Dan Fritz, along with Randy Bernhard and Collin Berg carry a wooden pallet up a hill in one of the challenges.

Challenge Benefit aids children of fallen SEALs

By **RAYMOND M. FRITZ**
Special to The Press

The eighth annual Navy SEAL Challenge Benefit took place Sept. 9 at the VFW and Hoover Karate Academy in Egypt.

The event raises funds for scholarships to aid children of fallen Navy SEALs.

Sponsored by the UDT-SEAL Association, Pennsylvania, New Jersey, Delaware Chapter, along with the VFW and Hoover Karate, the competition introduces participants to a tiny glimpse of Navy SEAL training.

The association is a non-profit veterans support organization comprised of U.S. Navy personnel who have served or are presently serving in the Naval Special Warfare community.

This includes those who have served in Amphibious Scouts and Raiders, Office of Strategic Services-Maritime Unit, Naval Combat Demolition Units, Underwater Demolition Teams, SEAL Teams, SEAL Deliv-

ery Vehicle, Teams, Special Warfare Combatant Craft, crewmen and Naval Special Warfare Support Technicians.

Ten teams of seven people completed a Navy SEAL-style burn out physical training routine consisting of different calisthenics (one hour) followed by a 4-mile run, hill climbs with pallets and, lastly, an obstacle course ordeal lasting more than an hour.

Not a typical competitive race, the challenge is a team-building exercise testing physical conditioning and team spirit.

Each team was mentored by a SEAL or RECON Marine.

The Hoover Karate obstacle course was manned by senior black belts.

The closely contested female top choice was a run-off decided by a huge tractor tire roll off won by the Allentown Family Foot Care Team led by Dr. Lora Baker.

The Men's Division Pick was led by Rich

Bausch.

Highly recommended for team building, corporate sponsors are welcome to enter their executive teams.

Event support personnel guarantee individuals will definitely become a solid team through this ordeal.

The one requirement is the team works together and stays together through the entire event.

Next year's event will be once again limited to the 10 teams for safety and coordination.

To support this benefit, mail checks to Navy SEAL Chapter Benefit Challenge, P.O. Box 675, Spring House, PA 19477.

Event Coordinators, Dr. Raymond Fritz, of Allentown Family Foot Care, and Steve Turoscy have already selected next year's event date of Sept. 8, 2013.

For more information on other events and benefits go to navysealfoundation.org or udtsealassociation.org.



PRESS PHOTOS COURTESY OF RICKI STEIN

Mike Galler, a RECON Marine, now a principle in Quakertown, waters down participants in a harassment-type activity, but it cools them off and lowers the body temperature. This team building event helps participants get a feel for military training.