

7TH ANNUAL NEVER QUIT CHALLENGE

★ ★ 2026 OVERALL MEMORIAL WORKOUT ★ ★

IN MEMORY OF
DEPUTY SHERIFF
ERIC OVERALL

BADGE #664 • EOW 11/23/2017



★ WORKOUT ★

- 1 'OVERALL'
664 METER RUN
- 2 ROUNDS
- 11 PUSH-UPS
- 22 KETTLEBELL SWINGS
- 23 WALLBALLS

50 GOBLET SQUATS

FINISH WITH A
2017 METER RUN

November 21, 2026 0900-1100 HRS

300 South Street, Ortonville, MI 48462

<https://overallfitness.itemorder.com>

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Scan me!

HONOR • COURAGE • COMMITMENT

WE RUN TO REMEMBER

I WILL NEVER QUIT, I WILL NEVER GIVE UP,
I WILL NEVER LEAVE A FALLEN BROTHER OR SISTER BEHIND.