



For Immediate Release

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## ***Barbells For Bullies, VETWOD Partner for Sit Rep—an online functional fitness competition, donate over \$6400 to Healing 4 Heroes***

**ATLANTA (July 30, 2020)** – Barbells For Bullies and VETWOD teamed up again to raise money and awareness for Veterans and help shelter dogs in the process.

**Barbells For Bullies** **VETWOD**  
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Sit Rep is an online functional fitness competition, programmed by former CrossFit Games athletes’ Miranda and Julian Alcaraz’s online coaching platform, Street Parking, to raise money and awareness for organizations that pull shelter dogs and pair them with veterans as support or service animals at no cost to the veteran.

“This is the second time we’ve done this event in less than a year, and the support of the fitness community has been nothing short of remarkable. We teamed up with our friends at VETWOD so

we could help veterans and shelter dogs in the same initiative—furthering both of our missions of using fitness as a force for social good,” Alexander Castiglione, Founder and Executive Director of Barbells For Bullies commented.

The event challenged over 200 athletes and netted over a \$6400 donation to Healing 4 Heroes—a Georgia based non-profit that takes a holistic approach to pairing veterans with service animals, as well as giving them the tools they need to thrive. “Sit Rep saved the day. Not only did it get our empty coffers working, but it got our followers to get physically active and ‘working’ as well. In all seriousness, the money raised helped us save 12 death row dogs & vet them completely to get to veterans in need of service dogs. Those veterans now have a new ‘leash’ on life and can move more freely on a daily basis with their battle buddy,” Piper Hill, founder of Healing 4 Heroes and US Army veteran stated.

VETWOD President Kate Shumaker remarked, “With the conclusion of Sit Rep 2020, we can’t help but look back at where we came from. All the organizations involved are run by a skeleton team of volunteers, all of whom have 9 to 5s (and then some), families, pets, and countless obligations. We do what we do because we love these communities. And so do you, our athletes and supporters. You may not be the reason we do this, but you ARE the reason we are able to do it. Thank you for continually showing up for our causes. You make the difference.”

Barbells For Bullies and VETWOD remain dedicated to leveraging fitness to create community, impact social issues, and help people and pups alike.

**Barbells For Bullies®** is a 100% volunteer run 501(c)3 non-profit that hosts fitness competitions, weightlifting, strongman, and powerlifting events all over the US, and donates all net proceeds from these events to help local animal rescues and advocacy groups. Founded by a husband and wife with a bunch of rescue pups, Barbells for Bullies is on a mission to help As Many Rescues As Possible®.

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