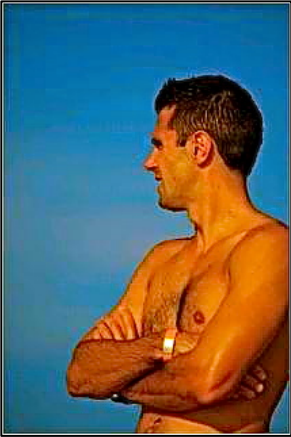


TEAM GRAPPLERS QUEST

I would like to introduce to you a group of amazing men that I asked to join Team Grapplers Quest in our mission to complete the Tough Mudders challenge and raise money and awareness for Autism Radio and the children and their families affected by Autism, as well as the Wounded Soldiers Project. – Coach Rick



Meet Coach Ray

Coach Ray Bernaz is a father, a soccer coach, and an avid runner. He is currently training to run a 50 miler in early November. Coach Ray is coming out of summer cross-training mode and working towards approximately 10 hours of trail-running a week (60-70 miles). Also, incorporating

up to 5 hours a week of cross training (weights, swimming, body-weight exercises, and yoga).



Meet Coach Mike

Coach Mike Napolitano is a father, a soccer coach, and a soccer player. Coach Mike has been training utilizing the P90X system as a supplement to his intense soccer playing and running regime. Coach Mike is a force to be reckoned with on and off the field!

Meet Coach Joe

Coach Joe Palermo is a father, a soccer coach, a soccer player, an experienced triathlete, and road running racer. He competes in at least 5 or 6 races per year, from marathons, half iron tri's, half marathons, Olympic tri's, and lesser distances. Most recently he competed in the Oxford Olympic Triathlon, Rhode Island Amica Half Ironman and Northface Endurance Challenge Half Marathon. Coach Joe will enter the Tough Mudder in November and the Northface Endurance

Challenge Half Marathon or 50K in December. He is also a former US Army Ranger who's no stranger to being cold, wet, and tired...and who completes any mission and never leaves anyone behind.



Meet Coach Gerry

Coach Gerry Ortiz is a father, soccer coach, and soccer player. Coach Gerry was injured in a massive soccer injury while training for the Tough

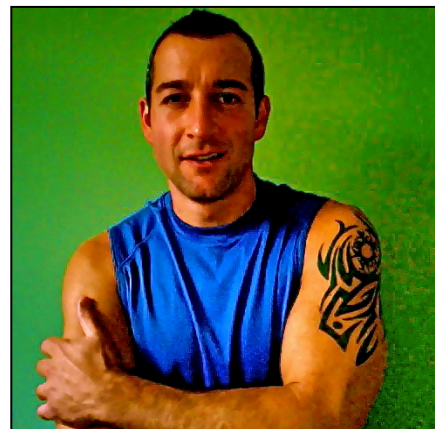
Mudder challenge and he required serious surgery. Currently, Coach Gerry is rehabbing his ACL and plans to attend the Tough Mudder challenge to cheer the team on. If he could, he would be the first man in line to run. Coach Gerry is the heart and soul of the team and is the assistant captain for the challenge



Meet Coach Dan

Coach Dan Smith is a father, a soccer coach, a soccer player, and an avid runner. He has been running 4-8 miles 3 x per week.

Completed the Marine Corp Marathon 2006 & 2009. Working out at NBD gym 3-4 times a week. Workouts include strength training mixed with speed and agility.



Meet Coach Rick

Coach Rick Pagnillo is a father, a soccer coach, and soccer player. He has been training at the NBD gym with the Strikezone team as well as his own intense

gladiator training routine! In addition to the Strikezone and soccer, he runs recreationally, performs extreme core exercises, body weight training, weights and cardio. Coach Rick is the captain of Team Grapplers Quest.