

Show your support!
The current record is 1,300

→ Pledge per muscle-up:

Pledge a dollar amount of your choosing per muscle-up completed in 24 hours.

- \$0.10
- \$0.25
- \$1.00
- \$ _____

→ Business/corporate donation:

This is a great way to see a charitable donation go directly to saving student-athletes lives, scholarships, and supporting the mission.

Tax ID: 84-2651569

- \$100
- \$250
- \$1,000
- \$ _____



→ Donation:

Any size donation is greatly appreciated and goes directly to a good cause.

Thanks for your support!

curtislemairlegacyfoundation.com/muscлеup

Name: _____

Phone: _____

Email: _____

Amt: _____

Company: _____

Please see back for the mailing address & contact info.



Contact us



612.328.8136



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Prior Lake, Minnesota 55379

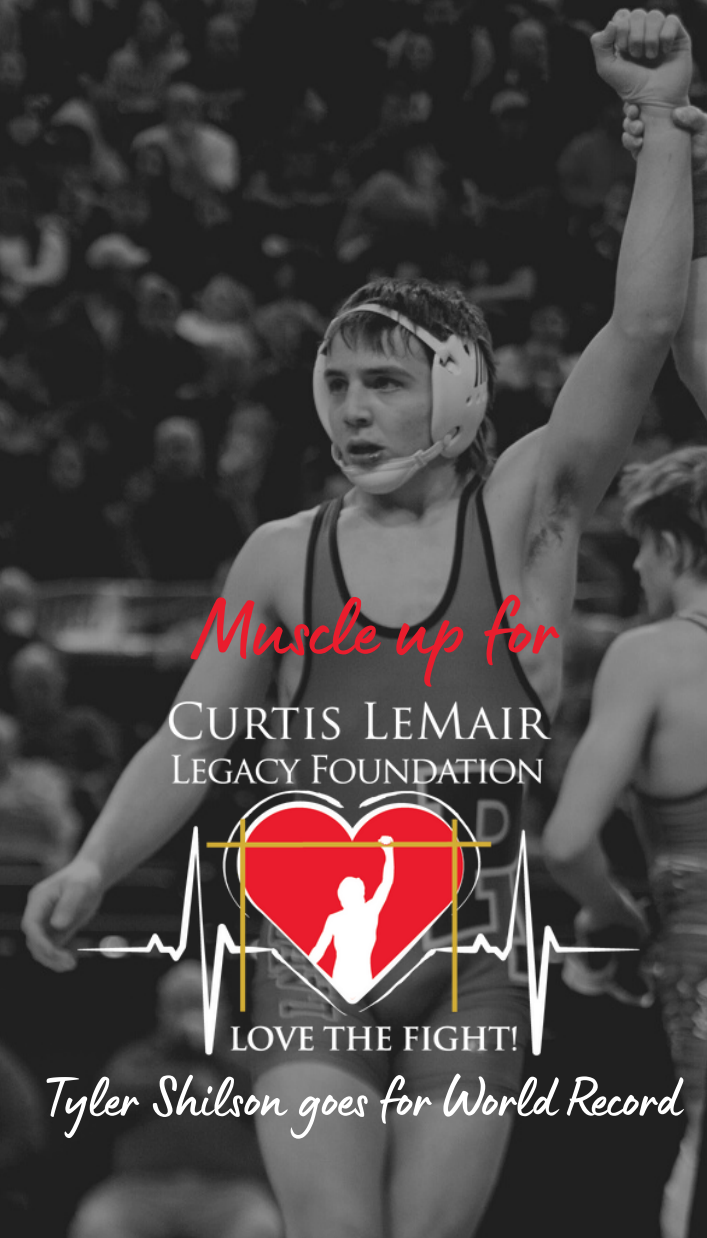


CurtisLemairLegacyFoundation.com



Join us in the

FIGHT TO SAVE
& CHANGE LIVES



Muscle up for
CURTIS LEMAIR
LEGACY FOUNDATION



LOVE THE FIGHT!

Tyler Shilson goes for World Record



Curty's Story

Curtis was a 2018 graduate of Prior Lake High School. He was a talented wrestler and went to Northern State University on a wrestling scholarship. Curtis had a passion for life and a smile that could light up any room. He was an avid hunter and fisherman but was most passionate about his family and friends.

Eight weeks after he moved to NSU to begin his college career, Curtis went to normal wrestling practice and went back to his dorm for homework and dinner. He went to sleep that night and didn't wake up the next morning. He died in his sleep from Sudden Cardiac Arrest

Curty's first symptom was his last symptom.

Our family founded The Curtis LeMair Legacy Foundation, a 501(c)(3) nonprofit organization committed to making a difference, changing student-athletes' lives, and raising awareness about preventable death caused by Sudden Cardiac Arrest (SCA).



What We Do

Legislation

SCA is 3rd leading cause of death in the U.S.

However, heart screenings are not mandatory and often not covered by insurance. We continue to work on state legislation to ensure every child can access proper testing. We plan to install 10 AEDs throughout gyms and wrestling facilities by 2024.

Community Service

Curtis was a kind, caring, and generous spirit. In his memory, we **give back to our community** by supporting Prior Lake Kids in Need, Highway Cleanup, and CAP Agency Support.

Scholarships

Through the NSU Wrestling Program, we have awarded **over \$40K in scholarships** to well-deserving students from Prior Lake and South Dakota.

Camp Curty

Nestled amid 70 acres of tranquil woods near Swan Lake, SD, Camp Curty provides student-athletes with an unmatched experience. Featuring a renovated century-old barn as a training hub, a 2-mile obstacle course, and diverse activities such as fishing, archery, and hunting, it offers a truly distinctive adventure.

Fishing Frenzy

Curtis cherished the outdoors, embracing life to its fullest. In tribute to his spirit, we **host the annual Fishing Frenzy at Camp Curty in Hoven, SD.** This weekend extravaganza offers expert-guided Walleye fishing, delicious food, and boundless family fun.

HELP TYLER **BREAK A WORLD RECORD** MOST MUSCLE-UPS IN 24 HOURS

Current record: 1,300

"On 3/22/24, I will be attempting to break the world record for most muscle-ups in 24 hours.

My journey with muscle-ups began this past October as I watched a live stream of Truett Hanes breaking the 24-hour pull-up record. I was deeply inspired by this and wanted to be a part of something like it. I believe there is tremendous growth to be had in the depths of difficult things. It is my hope that this inspires someone else to conquer something difficult themselves.

While doing this, it was important to also benefit something near and dear to my heart. Curtis and I were wrestling buddies throughout our childhood. We trained together at Pinnacle Wrestling School, and traveled across the country to a number of national tournaments each year. One of my favorite Curtis memories was our road trip with a few other Pinnacle buddies to Ohio for a wrestling camp. Curtis had a way of making everything more fun which is something I try to imitate to this day.

It is an honor and a privilege to raise money for the Curtis LeMair Legacy Foundation, and to raise awareness for undetected heart defects in young athletes."

-Tyler Shilson

Follow Tyler's journey on Instagram: @tdshilson

for more info:

curtislemairlegacyfoundation.com/muscleup

