

Boca Raton's fifth annual Beach Boot Camp sees record participants, toy donations



More than 70 participants and 14 U.S. Marines from the 4th Anglico of West Palm Beach and a representative from the Palm Beach County Sheriff's Office took part in the fifth annual Beach Boot Camp in Boca Raton. (Deborah Rhodes Van Buskirk/Courtesy)

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Once again, the fifth annual Beach Boot Camp with the United States Marines and Toys for Tots at a **Boca Raton** beach had a record number of participants and a bundle of toys.

The event attracted its largest number of participants with more than 70 in attendance and also drew 14 Marines from 4th Anglico of **West Palm Beach** and one Palm Beach County Sheriff's Office deputy. **The Marines** ran the one-hour physical training boot camp with official items that they would use during their physical training.

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“The U.S. Marines treated us as one of their own for their version of PT boot camp,” said coordinator Deborah Rhodes Van Buskirk. “A few of the activities included carrying a car battery, dragging sleighs, rope slams, scuttling in the sand as well as crawling under each other while being in a plank position.

“This year had an added bonus station called IT (intensive training) for those who weren’t performing their best at their station,” she said. “They were treated to a one-on-one session with one of the Marines to do extra push-ups, burpees and crawls at a faster pace.”

The session ended with a tug-of-war battle to finish out the workout before the mile run back for breakfast at Runner’s Edge. Participants needed to bring one an unwrapped toy.

“We collected three large boxes of toys for the 90-minute annual event and are already planning next year’s sixth-annual event,” Van Buskirk said.

Drew Van Buskirk slams down a medicine ball during the fifth annual Beach Boot Camp with U.S. Marines and Toys for Tots in Boca Raton beach. (Deborah Rhodes Van Buskirk/Courtesy)

