



THE HEAVIES



Ben Lindquist
Captain - Phoenix Fire Department
Executive VP - United Phoenix Firefighters

Ben has dedicated the majority of his career in the Phoenix Fire Department to serving the South Phoenix community. For the past ten years, he has been stationed at Station 22, with the last five serving as the Captain on Ladder 22. Additionally, Ben holds the position of Executive Vice President for United Phoenix Firefighters, representing firefighters across the valley.

Ben's most cherished titles are those of dad and husband. He is a devoted father to two sons, Griffin and Knox, and a loving husband to his beautiful bride, Alex.

Beyond his work in the fire service, Ben is a co-founder of "The Heavies," a diverse network that includes retired SEALs, business owners, community leaders, and more. The inspiration for the group's name, "The Heavies," stems from C4's nickname; "Chuck Heavy." Their primary objective is to raise funds for additional lodging at the C4 Ranch. Originating from the hometown of Charles Keating IV, The Heavies take pride in their connection to C4 and are committed to supporting his SEAL family, honoring his memory, and assisting the C4 Foundation in their remarkable work.