

**WARRIOR ATHLETE**  
READINESS & RESILIENCE

# MENTAL FITNESS 5K

**EVERY MILE. EVERY MARINE. WHOLE WARRIOR.**

**28 JANUARY 0700**  
**MCRD PARRIS ISLAND FITNESS CENTER**

**Stronger Physically. Resilient Mentally.**

**Grounded Spiritually. Connected Socially.**

**FREE EVENT!**

**OPEN TO ALL AUTHORIZED PATRONS.**

**T-SHIRT AND MEDAL WHILE SUPPLIES LAST.**

**NO REGISTRATION NEEDED.**

For more information:

[sc.sports@usmc-mccs.org](mailto:sc.sports@usmc-mccs.org)

843-228-6374

**SOCIAL**



**PHYSICAL**



**MENTAL**



**SPIRITUAL**



**STRONG FOUNDATION. STRONG FAMILIES. STRONGER MARINES.**



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