

# 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.**



Disclaimer: No Federal or DoW endorsement implied.

