## WARROOR ATHLETE READINESS & RESILIENCE

## MCAS BEAUFORT MCTF 5K&10K RUN/WALK

26 SEP 0700

**AFTERBURNERS** 

Every Mile. Every Marine. Whole Warrior. Stronger Physically. Resilient Mentally. Grounded Spiritually. Connected Socially.

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**PHYSICAL** 

**MENTAL** 

SPIRITUAL









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