

WARRIOR ATHLETE

READINESS & RESILIENCE

MCRD PARRIS ISLAND MCTF 5K&10K RUN/WALK

23 SEP 0700
MCRD PI FITNESS CENTER

Every Mile. Every Marine. Whole Warrior.
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
or 843-228-6374

SOCIAL



PHYSICAL



MENTAL



SPIRITUAL



STRONG FOUNDATION. STRONG FAMILIES. STRONGER MARINES.



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