

HERO WOD

CAN YOU HANDLE IT?

REGISTER HERE



MCAS BEAUFORT
HITT FACILITY

22 MAY 0700

1 MILE RUN.

100 PULL-UPS.

200 PUSH-UPS.

300 SQUATS.

1 MILE RUN.

...IN A 20 LB VEST
OR BODY ARMOR
(not required)

2025

FOR MORE INFO:
sc.sports@usmc-mccs.org
843-228-6374

FREE T-Shirts! (while supplies last)
Open to all authorized patrons and all ability levels.
Prizes awarded to top male and female finisher.



Disclaimer: No Federal or DoD endorsement implied

