

HERO WOD

CAN YOU HANDLE IT?

REGISTER HERE



MCRD HITT FACILITY
23 MAY 0730-0900



MCAS HITT FACILITY
24 MAY 1100-1230

1 MILE RUN.
100 PULL-UPS.
200 PUSH-UPS.
300 SQUATS.
1 MILE RUN.
...IN A 20 LB VEST
OR BODY ARMOR
(not required)

FOR MORE INFO:
sc.semperfit@usmc-mccs.org
843-228-6638

FREE T-Shirts! (while supplies last)

Open to all authorized patrons and all ability levels.
Prizes awarded to top male and female finisher.

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2
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Willy Tee's



Disclaimer: No Federal or DoD endorsement implied