

VIRTUAL

Marines Helping Heroes 5K CHALLENGE

Sign up now and run anytime from **Oct 10 to Nov 10, 2020**

OPTIONAL CHALLENGE EVENTS

INCLUDE

SIT-UPS & PUSH-UPS/PULL-UPS

\$35

includes
**Medallion
Race T-shirt**



A charity event to benefit local military and veterans.
Details and **REGISTRATION** at:

[https://RunSignUp.com/Race/MD/Hanover/
MarinesHelpingHeroes5kChallenge](https://RunSignUp.com/Race/MD/Hanover/MarinesHelpingHeroes5kChallenge)

Proceeds benefit both our local military and the Semper Fi Fund and Treat NOW which help active duty military and veterans suffering from PTSD and traumatic brain injuries. Help us eliminate the epidemic of 22 suicides per day among our military and veterans.

Please address any questions regarding the event to:

Info@MarinesHelpingHeroes.org or visit our website:

<https://MarinesHelpingHeroes.org>



IN SUPPORT OF



**SEMPER FI
FUND**



TREAT NOW

The Marines Helping Heroes Foundation is an IRS 501(c)3 tax exempt organization. Donations may be tax deductible.