

2022 Marines Helping Heroes 5k Challenge



ADVANCE REGISTRATION

\$35

Active Duty Discount

AT THE DOOR

\$40

BENEFITING

**A charity event to benefit our
military and veterans •**

**Semper Fi & America's
Fund •**

TreatNOW

WHEN

October 15, 2022

8:00 AM Start

WHERE

Arundel Mills

7000 Arundel Mills Cir

Hanover, MD

VIRTUAL RUN

Sept 24 to Oct 15

**FEATURING • All ages • Optional push-up &
sit-up challenges • Stroller Division •
Walkers**

**INCLUDES • Race T-shirt • Medallion • Prizes
• Refreshments**

Details and registration at:



RunSignUp.com/mhh

For additional information: MarinesHelpingHeroes.org

Contact: info@MarinesHelpingHeroes.org



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A SIMON CENTER

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