



Marines Helping Heroes Foundation

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FOR IMMEDIATE RELEASE: **July 31, 2020**

The annual Marines Helping Heroes Foundation 5K Challenge goes VIRTUAL

GLEN BURNIE, MD, July 31, 2020 – Previously held at Arundel Mills, the Marines Helping Heroes Foundation will conduct its 5th Annual Marines Helping Heroes 5K Challenge virtually from October 10th to November 10th. Proceeds from the event will benefit several local military and veterans charitable causes.

Marines pride themselves on fitness and place a great emphasis on overall conditioning. The Foundation has teamed with the Anne Arundel County Detachment of the Marine Corps League to host an event which replicates the Marine Physical Fitness Test, consisting of a 5K run with optional push-up and sit-up challenges. Detachment Commandant Ben Wells, stated, "We wanted to create an event where the average person can sign up and compete against local active duty Marines." The Foundation and the Detachment invite everyone to sign up and test their fitness against our Nation's finest.

For additional information about Marines Helping Heroes Foundation, and to register for the Challenge, please visit <https://MarinesHelpingHeroes.org>. For additional information about the Anne Arundel County Detachment please visit their website at <http://mclacdet1049.org/>. Your donations may be tax deductible.

The Foundation is an IRS 501(c)3 non-profit charitable organization. Its purpose is to raise funds that benefit our local heroes and to bring an end the suicide epidemic affecting our military, veterans, and others suffering from Traumatic Brain Injuries and Post Traumatic Stress. All of its members are volunteers and receive no compensation.

The Marine Corps League was founded in 1923 and is the only congressionally chartered Marine Corps veterans organization in the country. Its mission is to promote the ideals of American freedom and democracy while voluntarily aiding and assisting all Marines and FMF Navy Corpsmen and Chaplains and their widows and orphans.

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