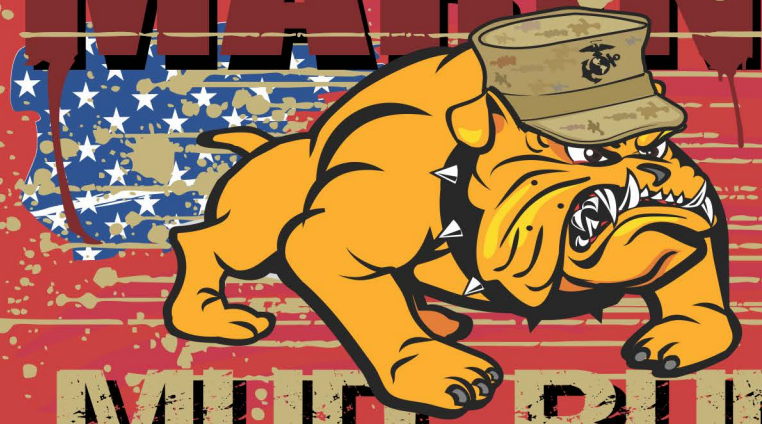


21st Annual

MARINE



MUD RUN

KNOXVILLE TN 2024 SEMPER FI
LT ALEXANDER BONNYMAN  DET 924

Location: Montvale Springs Retreat
4901 Montvale Road
Maryville, TN 37803

REGISTER ONLINE:
Choose from different starting wave times 8 am - 11:30 am
Individual or Team/Corporate
www.knoxmud.org
Race day registration is available, but t-shirt is not guaranteed

**1 MILE -Supervised-
Capt. Larry Winters Youth Run
Kids 10 & Under
Start Time: 12:30 pm**
Free Snowcone

Individual Waves: 8 am | 8:30 am | 9 am | 9:30 am | 10 am | 10:30 am | 11 am
Team Wave: 11:30 am (Individuals may run this time, as well)



This course will CHALLENGE YOU!!

Would you expect anything less from Marines?

It consists roughly of 3 miles of off-road running, which entails some obstacles, hills, and of course, mud pits. Wear old clothing and shoes.

Marines will make sure you successfully complete their course! Ooh-rah!

SATURDAY AUG 31ST 2024

