

THIS COURSE WILL CHALLENGE YOU!!

WOULD YOU EXPECT ANYTHING
LESS FROM MARINES?
IT CONSISTS OF 3 MILES OF
OFF-ROAD RUNNING,
WITH OBSTACLES,
HILLS, AND OF COURSE,
MUD PITS.
WEAR OLD CLOTHES AND SHOES.
MARINES WILL MAKE SURE YOU
SUCCESSFULLY COMPLETE
THEIR COURSE!
OOH-RAHI

SEPT. 27, 2025

REGISTER ONLINE: www.knoxmud.org

INDIVIDUAL WAVES...

9:30am/10:00am/10:30am/11:00am/11:30am

1 Mile SUPERVISED • Capt. Larry Winters Youth Run KIDS 10 & Under Start Time: 12:30pm

LOCATION: MONTVALE SPRINGS RETREAT 4901 MONTVALE RD • MARYVILLE, TN 37803





