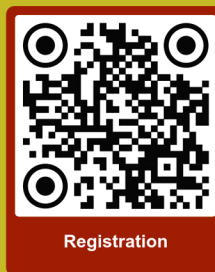




!! THIS COURSE WILL CHALLENGE YOU !!

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



WHEN: **SEPTEMBER 12, 2026**

WHERE: **MONTVALE SPRINGS RESORT
4901 MONTVALE RD, MARYVILLE TN 37803**

REGISTRATION: **WWW.KNOXMUD.ORG**

RACE WAVES: **9:30AM/10:00AM/10:30AM/11:00AM/11:30AM**

YOUTH RUN: **1 MILE SUPERVISED - CAPT. LARRY WINTERS
KIDS 10 AND UNDER - START TIME 12:30PM**