

SUICIDE PREVENTION AWARENESS

WARRIOR

**RUCK 5K
10K**

AUGUST 30 | 6:30AM

DEL VALLE FITNESS AREA

**FIRST 300 TO REGISTER WILL RECEIVE A T-SHIRT.
UNIT PT & FAMILIES WELCOME.**

**REGISTRATION & FAQ: [TINYURL.COM/RUCK-2024](https://tinyurl.com/ruck-2024).
WALK-UPS WELCOME. WATER & REFRESHMENTS PROVIDED.**

FREE & OPEN TO ALL AUTHORIZED PATRONS.



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MARINE & Family
Behavioral Health Branch

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AFAF
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No DOD or USMC Endorsement Implied.