

Track your running or cycling miles to earn great rewards.

SEMPER FIT RUNNING AND CYCLING CLUB

**WE
ARE
BACK**

**We will collect weekly
mileage totals to run and
ride toward great rewards.**

Registration Close: Dec, 29 2023 at 3 PM.

MCSCS

SEMPER FIT



**STARTING: MONDAY
MARCH 13 | 7AM**

TO REGISTER:

jason.herr@usmc.mil

703-614-6332

or Smith Gym Front Desk

703-614-7214