

# Marine Mud Run

**Date, Time and Place: Saturday morning, 0900, 11 September 2010.**

**Race starts and finishes at the Knox County Melton Hill Park.**

**Maybe YOU can be one of us...The Few...The Proud...The MUDDY!!!**

Put on some old clothes and shoes and join the Marines for our 7th exciting and fun 5k run that includes obstacles, a few hills, the lake and of course, Mud.

Run individually or go at it as a team.

Either way, the Marines will make sure no one is left behind!

There will be plenty of refreshments afterwards for all the participants!

We even have a fun 200 yard challenge for the kids who will receive a special USMC ID tag with chain and silencer for their effort.

All 5K entrants will receive a commemorative Marine Mud Run T-shirt to wear with Pride.

Awards to individual overall Male and Female and 3 deep for the many different age brackets and top team categories: Male, Female, Co-ed, JROTC and ROTC.

**Sponsored by the Lt. Alexander Bonnyman Detachment of the Marine Corps League, and support from Delta Company, 4th CEB, USMCR**



Bring family and friends to view the Marine's static display of equipment. For race registration visit [www.Active.com](http://www.Active.com) (search-Knox mud run) Additional info: Gene Furrow phone: (865) 773-3061, or email: [MudRun@mclknnox.org](mailto:MudRun@mclknnox.org). All proceeds to benefit Knoxville's Marine Corps League Lt. Bonnyman Detachment #924 and Toys for Tots, so be sure and bring a new unwrapped toy.

Good luck and Semper Fidelis!

