



IN HONOR OF OUR FIRST RESPONDERS



# MWR HEROES 5K RUN/WALK



**12 SEPT ★ 8:30 AM** (CHECK-IN: 7 AM)

**NSAB MWR SPORTS COMPLEX**

FREE FOR AD, \$15 ALL OTHERS

FREE T-SHIRTS FOR THE FIRST 25 PARTICIPANTS TO SIGN UP!

REGISTER BY 8 SEPT



OPEN TO BASE ELIGIBLE PATRONS  
NSAB FITNESS CENTER: (301) 295-0031



MWRBethesda

[navymwrbethesda.com](https://navymwrbethesda.com)