



MURPH CHALLENGE

MAY 22, 9 AM–NOON

**LEWIS NORTH
ATHLETIC COMPLEX**

Lewis:
Register



MAY 22, 3–4:30 PM

McCHORD TRACK

Location



The Murph Challenge is a grueling fitness event held in honor of Lt. Michael P. Murphy.

It consists of a 1-mile run, 100 pull-ups, 200 push-ups, 300 air squats and ends with a 1-mile run.

If you have a weighted vest, bring it!



Medal of Honor Recipient
Lt. Michael Murphy

Free, Open to DoD ID cardholders

McChord: Register with McChord Fitness Center front desk staff from 9 a.m.–5 p.m.

Sign-ups close 15 minutes prior to start of event.

JBLMmwr

