



# MEMORIAL DAY MURPH

Monday, May 26th

1

MILE RUN

100

PULL UPS

200

PUSH UPS

300

AIR SQUATS

1

MILE RUN

**Honor the fallen by taking part in the ultimate fitness challenge – The Murph!**

Participants will complete a 1-Mile Run, 100 Pull Ups, 200 Push Ups, 300 Air Squats, and finish with another 1-Mile Run. Weighted vests are optional. **Finisher t-shirt when you pre-register by May 11th.**

**WAVE STARTS (12 participants/wave): 7:00am, 8:00am, 9:00am**

**MEMBERS | \$25**

**PARTICIPANTS | \$40**

**VETERANS OR ACTIVE DUTY MILITARY\* | \$15**

Registration will take place in-person at the Welcome Center.

\*Veterans and/or Active Duty Military must provide proof of service when registering.



**MOBILE MASTER DETAILING**

-Interior  
-Exterior  
-Ceramic Coating  
**231-580-6468**  
[mobilemasterdetail.com](http://mobilemasterdetail.com)



**PLEASE NOTE:** The Y will be CLOSED for Memorial Day and will only be accessible by those that are participating in the Murph.