



MURPH

Honoring those who have made the ultimate sacrifice for this great nation.



1 Mile Run

100 Pull-Ups

200 Push-Ups

300 Air Squats

1 Mile Run

Monday, May 30th

Shirt Included

Three Wave Times - 7am, 8am, & 9am

FREE, but must bring donations

that will go to the Bellevue Food Pantry

Registration will stay open through the 30th, but if you would like a shirt, you'll have to register *BEFORE* May 20th.

402-502-4678

Achieve

1151 S 42nd St. - Suite 106
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