



# Martin Army Community Hospital Soldier Marathon BMACH Team!

*Be a part of a great cause and  
get fit to run your first marathon  
26.2 (half-marathoners welcome😊)!*

3-month training program beginning 11AUG2014!!

Dates/Times: Monday, Wednesday, Friday (0600)  
and Saturday mornings (0730)

Prerequisite: Be in good running shape (can run 4-6  
miles comfortably for marathoners, 2-3 for half-marathoners)

Location: On Post for M/W/F (M: Smith Gym, W: Doughboy  
Stadium, F: Infantry Museum), S: Woodruff Park on 10<sup>th</sup> Street



All sessions are voluntary!

Soldiers and Civilians welcome!

Only cost is to sign up for the race and buy a

BMACH Team t-shirt

The race is November 8<sup>th</sup> 2014



Sign up at <http://www.soldiermarathon.com/plaintext/home/home.aspx>

To join the team and for additional information, email CPT Tiara Walz at  
[tiara.n.walz.mil@mail.mil](mailto:tiara.n.walz.mil@mail.mil).