



# CHAPLAIN HALF-MARATHON PROGRAM



CH Irwin invites you to participate in one or more half-marathons in South and North Carolina.

- ❖ Train on your own
- ❖ Responsible for your own expenses including registration
- ❖ Run/walk at your own pace
- ❖ Huddle at the start line for prayer/encouragement
- ❖ Celebrate together at the finish line
- ❖ Spouses/Family members welcome to participate in half-marathon or – most races have 10k, 5k and 1 mile fun runs
- ❖ Half-marathon program is team-building opportunity intended to foster resilience and spiritual fitness
- ❖ Possible incentives through respective companies

❖ X-TERRA HALF (TRAIL)	COLUMBIA, SC	12 JUL
❖ MARINE CORPS HALF	CAMP LEJEUNE, NC	19 SEP
❖ MYRTLE BEACH HALF	MYRTLE BEACH, SC	18 OCT
❖ MAYBERRY HALF	AIRY, NC	14 NOV

**CONTACT CH IRWIN FOR MORE INFO:**  
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