

PSYCHLE: *The Ride Home*

Come out and show your support for our Armed Forces overseas!
Join this collaborative effort to ride the distance from Baghdad to Washington, DC.
Each participant will list their mileage for each class on our log. We will total and post
our progress on www.mccs-sc.com for you and our overseas friends.
Mileage will be accumulated during your attendance at any of these group fitness classes:
Psychle, Spin and 20/20/20, offered aboard MCRD Parris Island & MCAS Beaufort.
Register now at your Fitness Center! Starts 04 January 2010.

Our Completion Date Goal is May 15, 2010, Armed Forces Day!



**More
information
228-7010
or 228-7092**



Goal:
6,211 miles
Baghdad to Washington DC