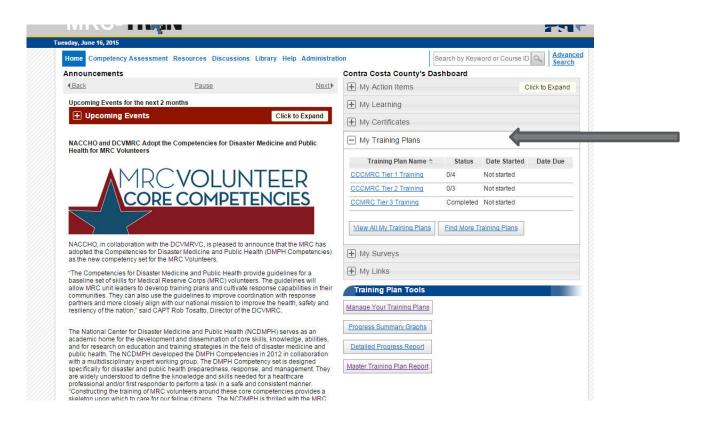
MRC TRAIN OUICK TIPS

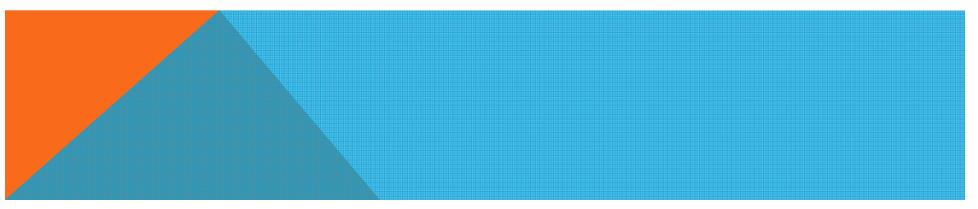
MRC TRAIN ORC

CONTRA COSTA MRC

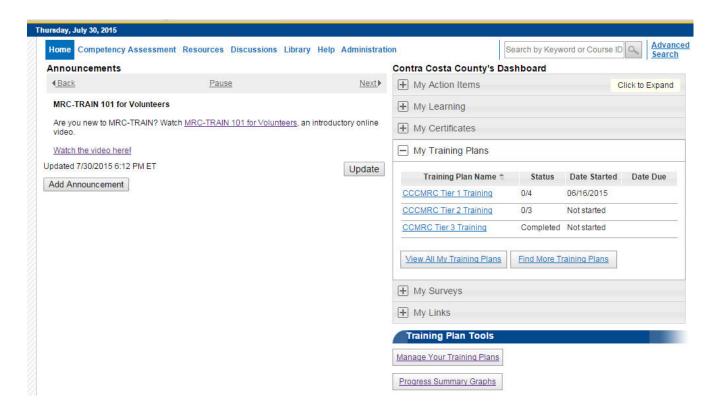
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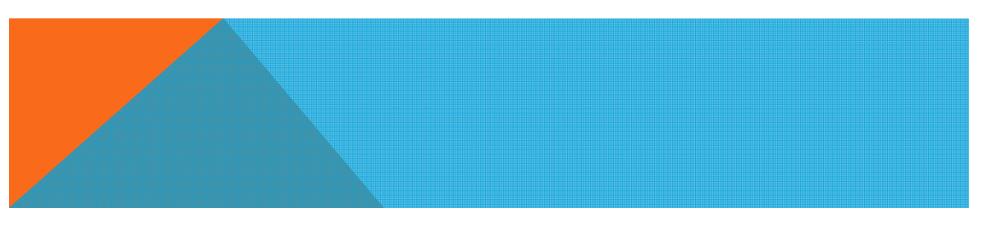
HOW TO FIND THE TRAINING TIERS



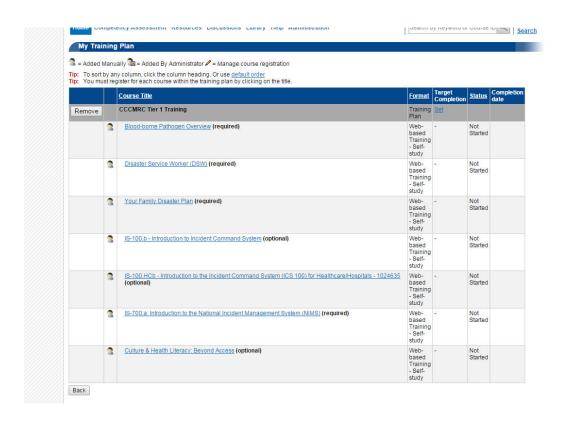


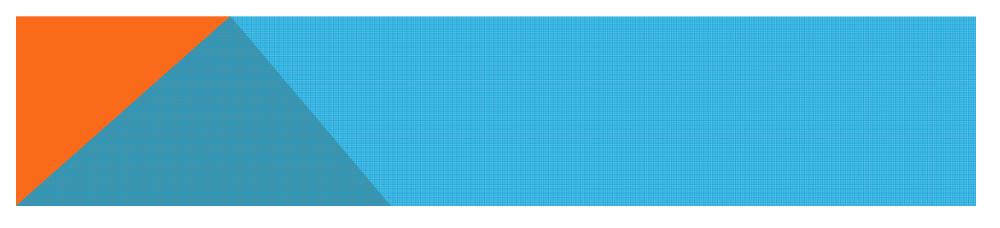
THE TIERS



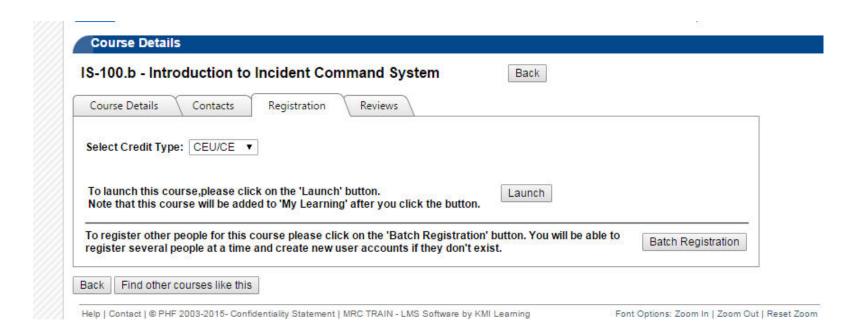


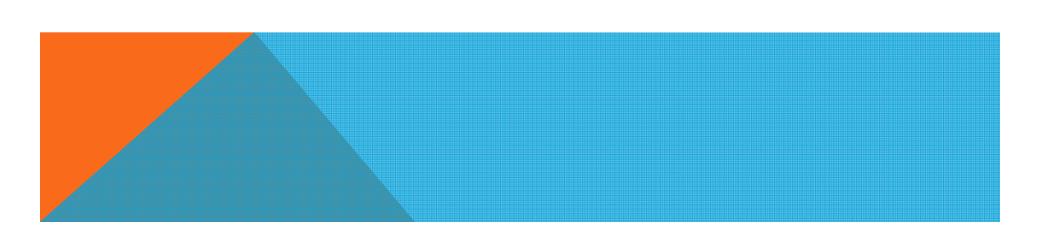
TRAINING PLANS



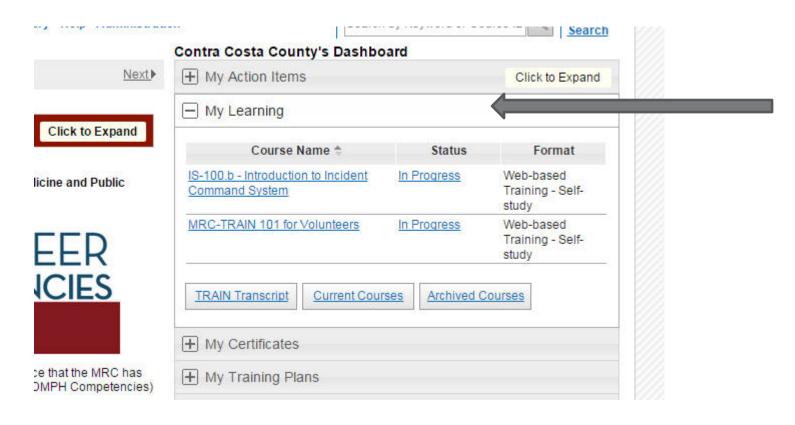


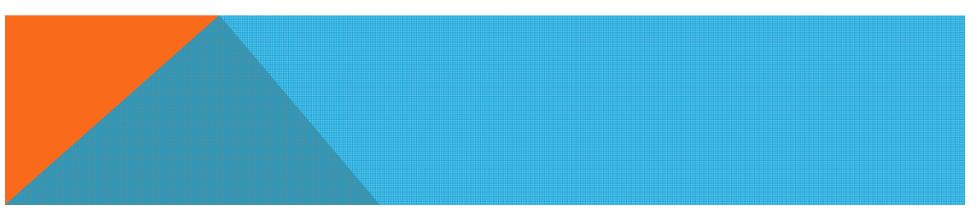
HOW TO REGISTER TO FOR A COURSE



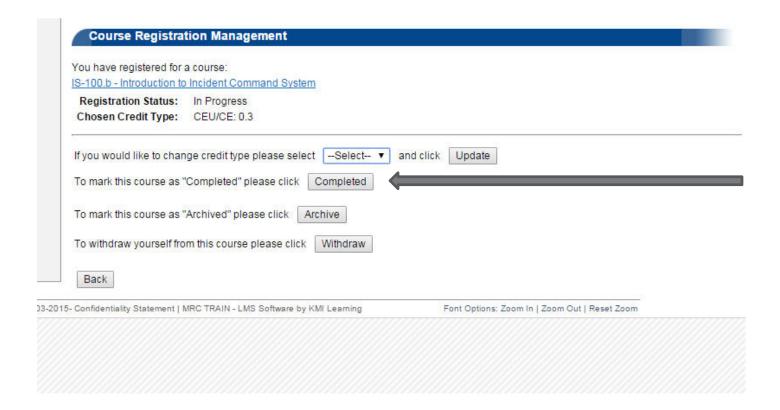


HOW TO MARK A COURSE AS COMPLETE





COMPLETION



YOUR TRAINING LOG

