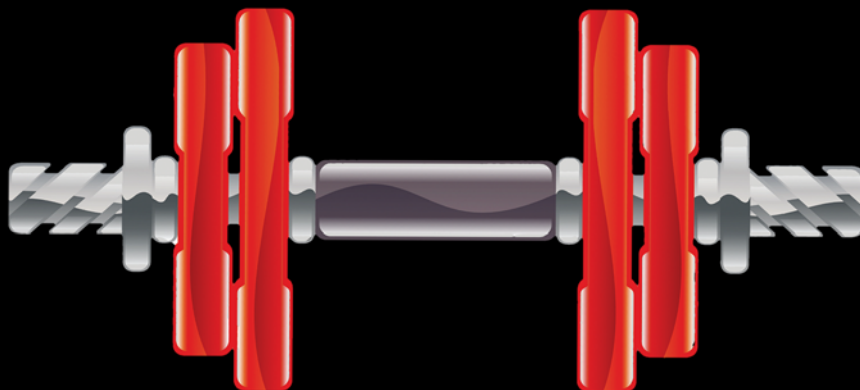


NSF
DAHLGREN



PUMP-N-RUN

Wednesday
Aug. 16

11 a.m.
Dahlgren Fitness Center

Rain Date: Aug. 17

Cost: Active duty, Free
All others, \$5.00

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Join us for the ultimate workout!

Bench press a percentage of your bodyweight as many times as you can, then run 1.5 miles as quickly as you can. For each bench press rep, 15 seconds will be taken off your run time. **Earn up to 5 minutes off your race time!** Male and female awards for fastest actual time and fastest net run time (run time minus handicap) and awards for all who reach 10 pump club (bronze), 20 pump club (silver) and 30 pump club (gold).

**Bench press may be completed any time during staffed hours starting Monday, August 14 through 10:30 a.m. on race day.*

Open to all with base access.

For more information, call the Dahlgren Fitness Center at 540-653-8580.



Neither the Navy nor any other part of the federal government officially endorses any company, sponsor or its products or services.