



2017-2018 DAHLGREN RACE SERIES

NAVY BIRTHDAY NAUTICAL MILE
GLOW RUN 5K
TURKEY TROT 5K
UGLY SWEATER 5K
HOT CHOCOLATE 5K
HEART AND SOLE 1.5 MILE CHALLENGE
LUCKY CLOVER 5K
UNSTOPPABLE OBSTACLE COURSE
CENTENNIAL SUPER HERO 5K
LUAU 5K
PUMP-N-RUN
LATE, LATE LABOR DAY 5K

FRIDAY, OCT. 13
FRIDAY, OCT. 27
THURSDAY, NOV. 16
WEDNESDAY, DEC. 6
WEDNESDAY, JAN. 17
WEDNESDAY, FEB. 14
WEDNESDAY, MARCH 14
SATURDAY, MAY 19
WEDNESDAY, JUNE 13
THURSDAY, JULY 19
WEDNESDAY, AUG. 15
WEDNESDAY, SEPT. 19



THE MORE YOU RUN, THE MORE YOU WIN!

POINTS

Earn points for each race you run.
The higher you place, the more points you earn.

<u>PLACE</u>	<u>OVERALL</u>	<u>ACTIVE DUTY/ MASTERS (40+)</u>
1	20	10
2	15	9
3	12	8
4	10	7
5	9	6
6	8	5
7	7	1
8	6	1
9	5	1
10	4	1
11 & BELOW	1	1

Points can only be earned for one category.

INCENTIVES

The more races in the series you
do, the more opportunity you
have to earn rewards.



COMPETE 1 RACE:
Race Series t-shirt



COMPETE 4 RACES:
Subway gift card



COMPETE 7 RACES:
Stainless steel vacuum-
insulated water bottle



COMPETE 10 RACES:
Race Series jacket

Incentives can be picked up after completing
your race and must be signed for.

**FOR MORE INFORMATION, CALL THE
FITNESS CENTER AT 540-653-8580.**

NAVYMWRDAHLGREN.COM/RACE-SERIES