

FREE / **\$5**
ACTIVE-DUTY / OTHERS

WWW.NAVYMWRDAHLGREN.COM/FITNESS-SPORTS

FY19-20 FITNESS CENTER RACE SERIES

Competitors must be registered for each event 30 minutes before race start, or register online at www.myffr.navyaims.com/ndw.html

Nautical Mile Challenge

| Oct. 18 at 11 a.m.

Turkey Trot 5K

| Nov. 22 at 11 a.m.

Ugly Sweater 5K

(Win a prize for the ugliest sweater)

| Dec. 13 at 11 a.m.

Hot Chocolate 5K

| Jan. 10 at 11 a.m.

Heart & Sole 1.5-Mile Challenge

| Feb. 14 at 11 a.m.

Lucky Clover 5K

| March 13 at 11 a.m.

5K Relay Race (Prizes for top three teams)

| May 15 at 11 a.m.

Boot Camp Run

| July 17 at 11 a.m.

Beat the Heat 5K

| Aug. 21 at 7 a.m.

Pick Your Distance 1-Mile, 5K or 10K

(Prizes for top two finishers in each distance)

| Sept. 18 at 11 a.m.

RUN & WIN

Complete 1 race to win a T-shirt

Complete 5 races to win a stainless steel water bottle

Complete 10 races to win a race series sweatshirt



Open to everyone with base access.
For more information call the
Fitness Center at 540-653-8580.

STAY
CONNECTED

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