



# RUN-A-THON & LUAU

**SEPT 17, 2022**

AQUATICS CENTER

9AM-2 PM

**Run-A-Thon** | 9 a.m.-10:50 a.m.

Run the 1.5-mile course as many times as you can in 100 minutes. Prizes for 1st, 2nd & 3rd male & female, family/team of 4 for 1st, 2nd & 3rd finishers. Registration is required at the Fitness Center. Cost: \$5 per person, Free for active-duty

**Luau** | 11 a.m.- 2 p.m.

Following the run, stop by the Aquatics Center for luau fun including a rock wall climbing challenge, pool volleyball and lawn games, ice cream and snacks.

[NAVYMWRDAHLGREN.COM/FITNESS-SPORTS](https://NAVYMWRDAHLGREN.COM/FITNESS-SPORTS)

AQUATICS CENTER | 540-653-8088

6110 JENKINS RD, BLDG 1193



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