



# INDEPENDENCE DAY **5K**

**THURSDAY, JULY 7 • 10 A.M.**

DAHLGREN FITNESS CENTER

**FREE ACTIVE DUTY  
\$5 OTHERS**



Wrap up the FY22 Race Series with an Independence Day 5K! Run and win prizes. Registration closes 30 minutes before race start. Open to all with base access.

**Dahlgren Fitness Center | 540-653-8580**

[www.NavyMWRDahlgren.com/fitness-sports](http://www.NavyMWRDahlgren.com/fitness-sports)



**STAY  
CONNECTED  
NSF DAHLGREN**

 @DAHLGRENFFR  
 NAVYMWR NDW

The Department of the Navy does not endorse any company, sponsor, or their products or service.