

National

**RUNNING
DAY**



Free!

WEDNESDAY

5K RUN

ALL-TERRAIN*

**JUNE 4
10:30AM
GYM 4-COURTS PLUS**



OPEN TO ALL MWR PATRONS OF ALL AGES!



Calling all runners, new and experienced. It's National Running Day! Join us for a fun-filled 5K as you race through a brand new all-terrain route around NAVSTA Great Lakes.



Online Registration is
Required for ALL Participants
myfr.navyaims.com



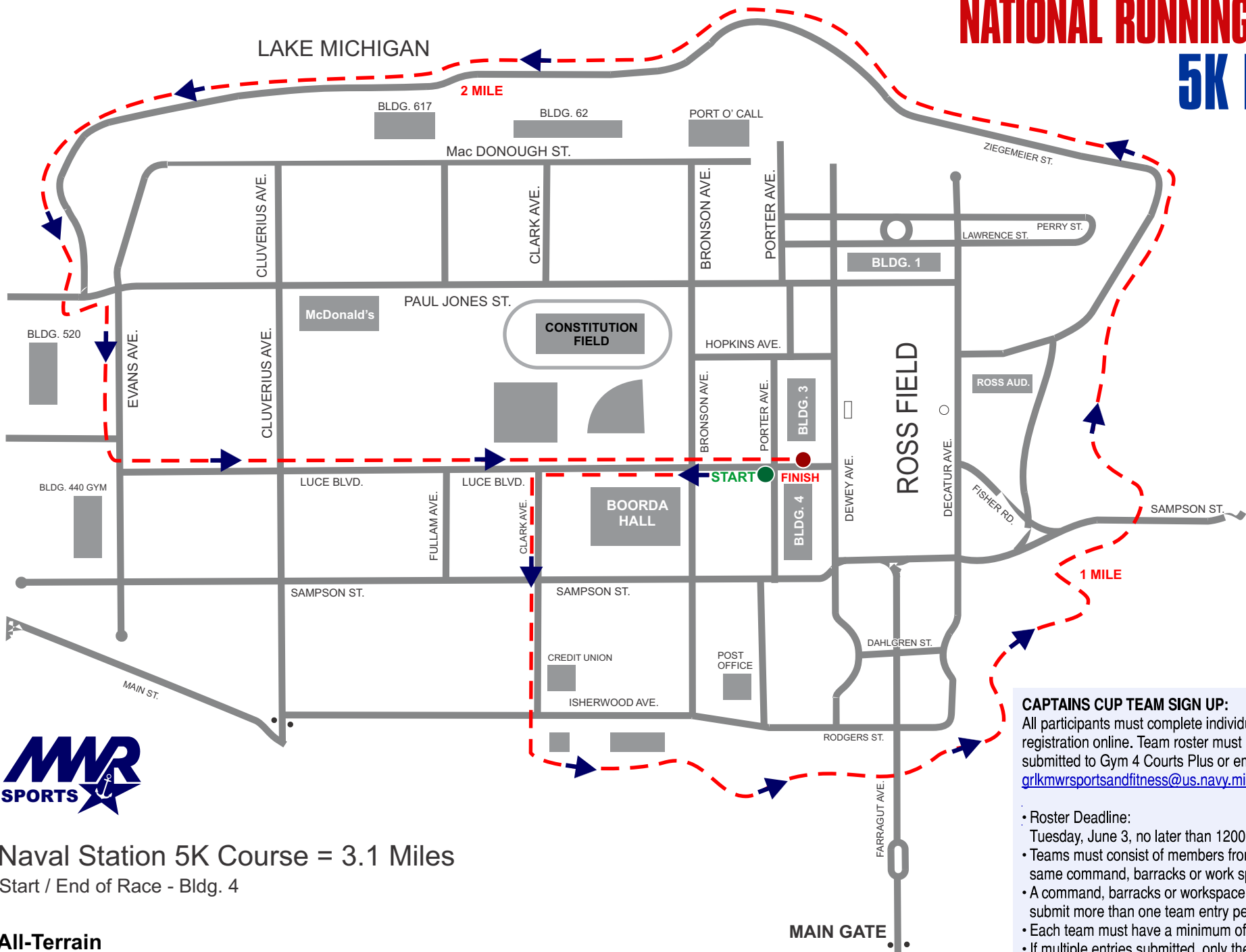
847-688-7769

NavyLifeGL.com

  [@NavyLifeGL](https://www.instagram.com/NavyLifeGL)
No Navy endorsement implied.

INFO OVER 

NATIONAL RUNNING DAY 5K RUN



Naval Station 5K Course = 3.1 Miles

Start / End of Race - Bldg. 4

All-Terrain

*5K race route contains various changes in surfaces and terrains, which include but are not limited to, asphalt, natural paths and trails, grass, rock, gravel, dirt/mud, sand and changes in elevation.

CAPTAINS CUP TEAM SIGN UP:

All participants must complete individual registration online. Team roster must be submitted to Gym 4 Courts Plus or emailed to: grlkmwrsportsandfitness@us.navy.mil

- Roster Deadline:
Tuesday, June 3, no later than 1200.
- Teams must consist of members from the same command, barracks or work space.
- A command, barracks or workspace, may submit more than one team entry per race.
- Each team must have a minimum of (4)-runners.
- If multiple entries submitted, only the top finishing team from that command, barracks or work space is eligible for points per race.