

2026 MWR Captain's Cup

RACE SERIES

5K RUN / 1.5 MILE WALK



COMMAND TEAM POINTS:

Teams must consist of members from the same command, barracks or workspace. A command, barracks or workspace, may submit more than one team entry per race. If multiple entries are submitted, only the top finishing team from that command, barracks or workspace is eligible for points per race. Each team must have a minimum of (4)-runners. Team run time is recorded when the last team member crosses the finish line.

Team points awarded:
 1st place: 10 points
 2nd place: 8 points
 3rd place: 6 points



Wed., April 15
SAPR 5K Dash of Color
 4:30pm, Ross Theater

Thur., May 14
Run To Remember
 5K/1.5 mi walk
 10:30am, Gym 4

Wed., June 3
Global Running Day
 5K/1.5 mi walk
 4:30pm, Constitution Field

Dates are subject to change.

Thur., July 16
Bubble Ice Cream
 5K/1.5 mi walk
 12:30pm, Nunn Beach

Wed., August 12
Navy Chief, Navy Pride 5K
 3:30pm, NEX-Bldg. 400

Fri., Sept. 11
Remembrance Day
 5K/1.5 mi walk
 8:30am, Bldg. 1

PROUDLY SPONSORED BY:



No Navy endorsement implied.



Registration is required for ALL participants. Scan QR code or go to: myffr.navyaims.com



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2026 RACE SERIES



TEAM ROSTER

Team Name: _____

Sport/Event: _____

Team Leader: _____

Team Leader Phone: _____

Email: _____

First and Last Name (please print)

1. _____

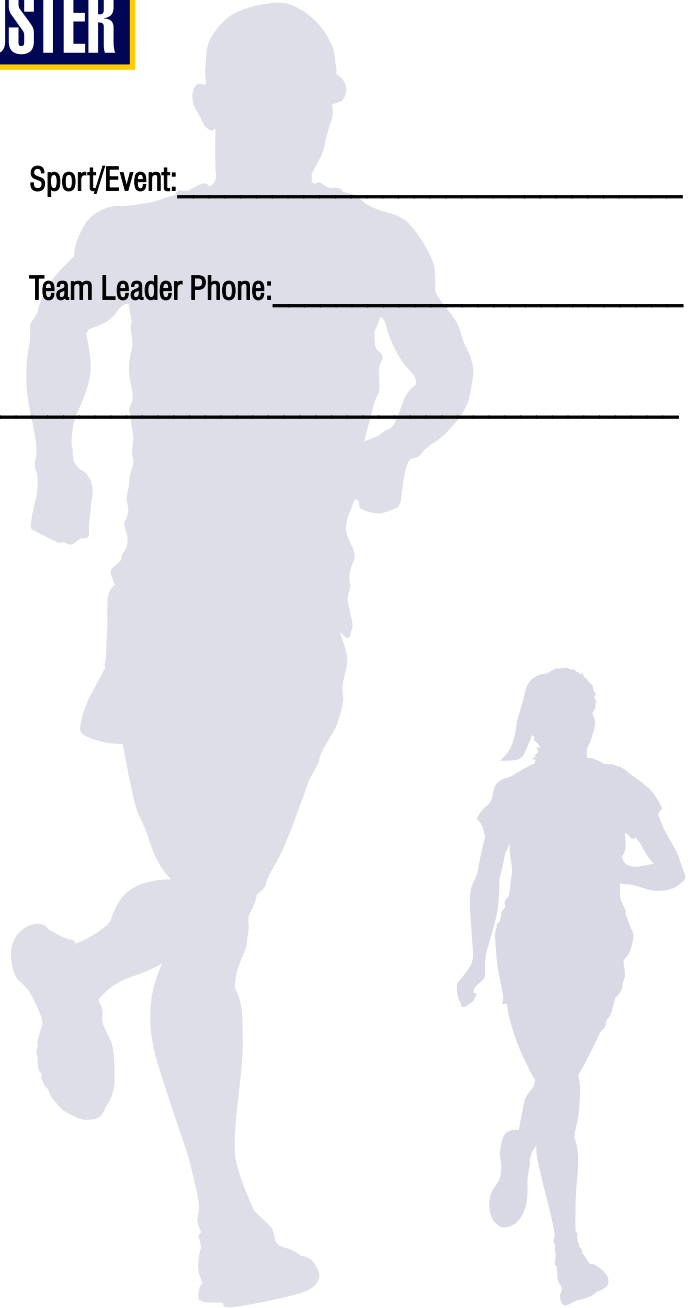
2. _____

3. _____

4. _____

5. _____

6. _____



Race courses are located on NAVSTA Great Lakes. All runs/walks are designed for fun, friendly-competition physical activity for everyone in our military community. Teams must consist of members from the same command, barracks or workspace. A command, barracks or workspace, may submit more than one team entry per race. If multiple entries are submitted, only the top finishing team from that command, barracks or workspace is eligible for points per race. Each team must have a minimum of (4)-runners. Team run time is recorded when the last team member crosses the finish line. The command with the most points is crowned the overall winner of the Captain's Cup Race Series and receives the points towards the 2026 Captain's Cup program. Team points awarded: 1st place: 10 points • 2nd place: 8 points • 3rd place: 6 points

Please submit team rosters for each race to Gym 4 or email to grlkmwrsportsandfitness@us.navy.mil