



2025 MWR Captain's Cup

RACE SERIES

5K RUN / 1.5 MILE WALK

PARTICIPATE IN THE RACE INCENTIVE PROGRAM & WIN PRIZES!

NEW COURSE ROUTES THIS SEASON!

FREE!

Wed., April 23

SAPR 5K Dash of Color
4:30pm, Ross Theater

Thur., May 15

Armed Forces* 5K/1.5 mi walk
4:30pm, Gym 4

Wed., June 4

National Running Day 5K*
10:30am, Gym 4

Dates are subject to change.

Wed., July 16

5K/1.5 mi walk
National Hot Dog Day
4:30pm, Constitution Field

Wed., August 27

Navy Chief, Navy Pride*
3:30pm, NEX-Bldg. 400

Thurs., Sept. 11

Remembrance Day*
8:30am, Bldg. 1

COMMAND TEAM POINTS:

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. If multiple entries are submitted, only the top finishing team from that command, barracks or work space 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

*Captain's Cup Races



Online Registration
is Required for
ALL Participants

myffr.navyaims.com



847-688-7769

NavyLifeGL.com

@NavyLifeGL
No Navy endorsement implied.

2025 RACE INCENTIVE PROGRAM



Earn MWR prizes by participating in any of the scheduled 2025 MWR Runs!

PROGRAM ELIGIBILITY:

- Open to all authorized NSGL MWR Sports and Fitness program patrons of all ages.
- Only 2025 MWR Race Series runs are authorized within this program.
- To receive participation credit, runner must register online at myffr.navyaims.com and complete the registered race.
- All prizes are only redeemable in-person at Bldg. 2A Fitness Managers Office (2nd Floor).
 - Must have a valid Military ID/CAC Card.
 - Redemption of prizes must be completed by September 30, 2025.



MWR Carabiner Keychain (1 Run)



MWR Sunglasses (3 Runs)



MWR Duffle Gym Bag (5 Runs)

TEAM ROSTER

Team Name: _____

Race: _____

Team Leader: _____

Team Leader Phone: _____

Email: _____

First and Last Name (please print)

1. _____

5. _____

2. _____

6. _____

3. _____

7. _____

4. _____

8. _____

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 work space. 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 work space 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 2025 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