

REMEMBRANCE DAY

5K RUN / 1.5 MILE WALK

FRIDAY • SEPTEMBER 11 • 2026
8:30AM • BLDG. 1

WE WILL NEVER FORGET

RACE BEGINS: 8:30AM
EVENT CHECK-IN: 7:30-8:10AM

— OPEN TO ALL HANDS —

Free!

PROUDLY SPONSORED BY:

TELEMYND
MENTAL HEALTH IS OUR MISSION

No Navy endorsement implied.



ONLINE REGISTRATION
IS REQUIRED FOR
ALL PARTICIPANTS.

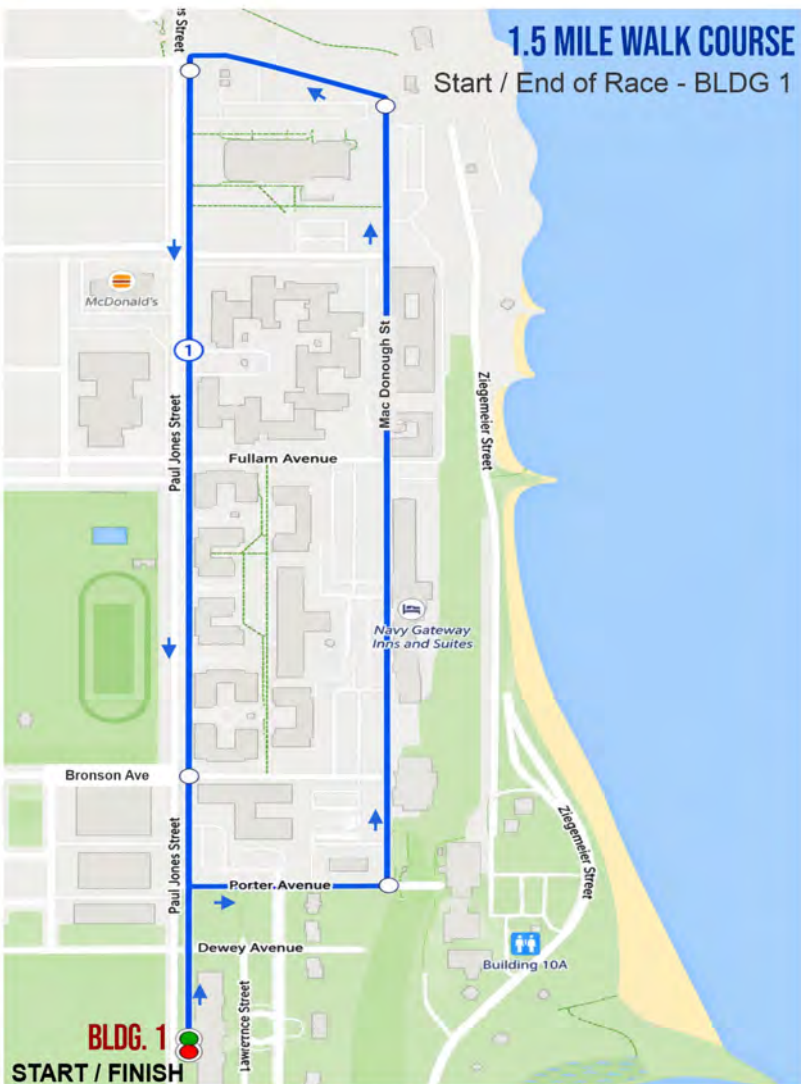


VISIT: [MYFFR.NAVYAIMS.COM](https://myffr.navyaims.com)

847-688-7769

NavyLifeGL.com

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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: Thursday, September 10, 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.

Command Name: _____

Team Leader: _____

Team Leader Phone: _____

Email: _____

First and Last Name (please print)

1. _____

2. _____

3. _____

4. _____