

ARMED ★ FORCES 5K RUN 1.5 MILE WALK

Free!

OPEN TO ALL MWR PATRONS!

THURS., MAY 15
GYM 4 - COURTS PLUS
RACE BEGINS 4:30PM



In Honor of our Warfighters Who Proudly Serve in our Armed Forces, We Invite You to Grab Your Friends and Families and Join Us for a 5K Run/1.5 Mile Walk!

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



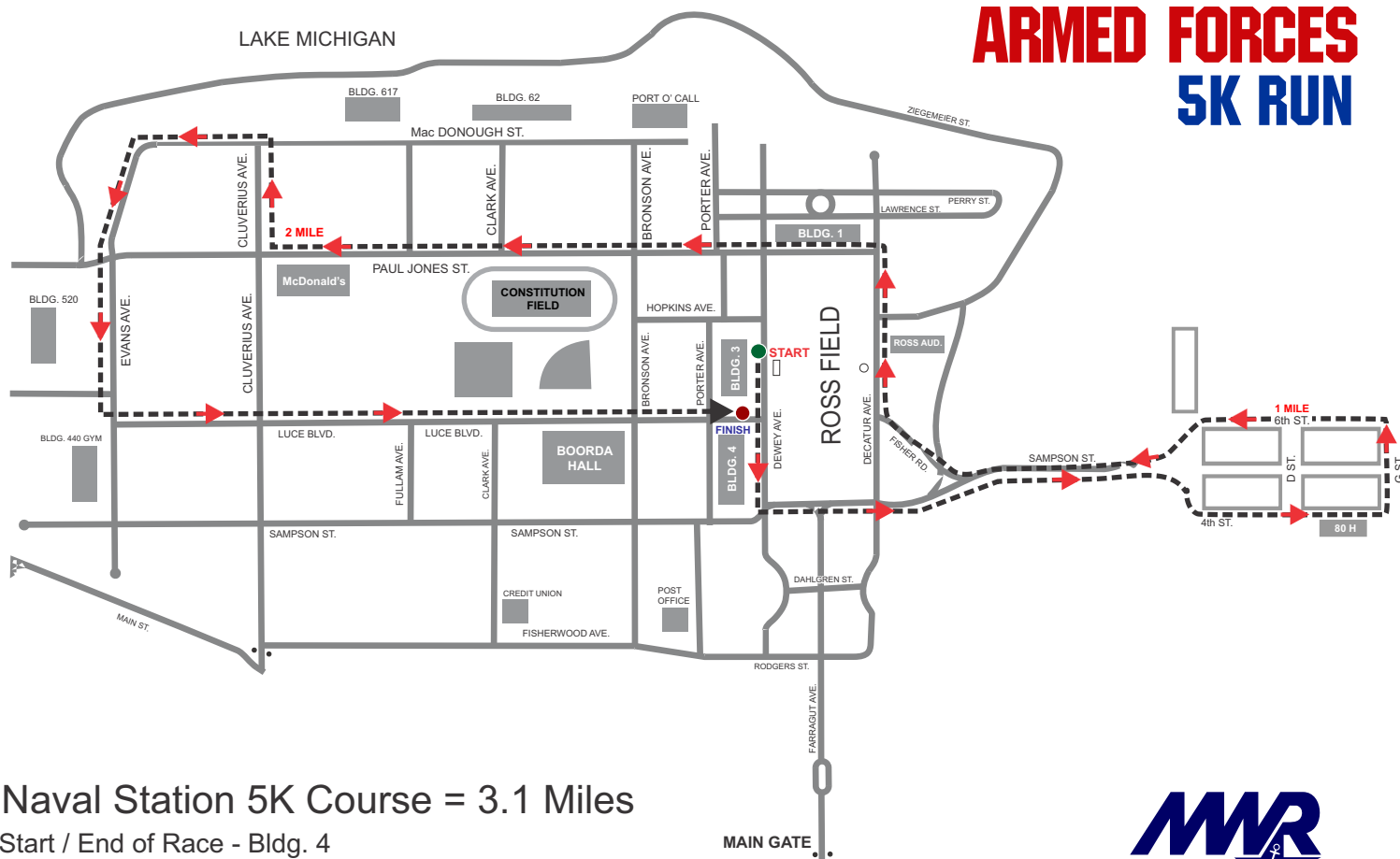
847-688-7769

NavyLifeGL.com

@NavyLifeGL
No Navy endorsement implied.

INFO OVER

ARMED FORCES 5K RUN

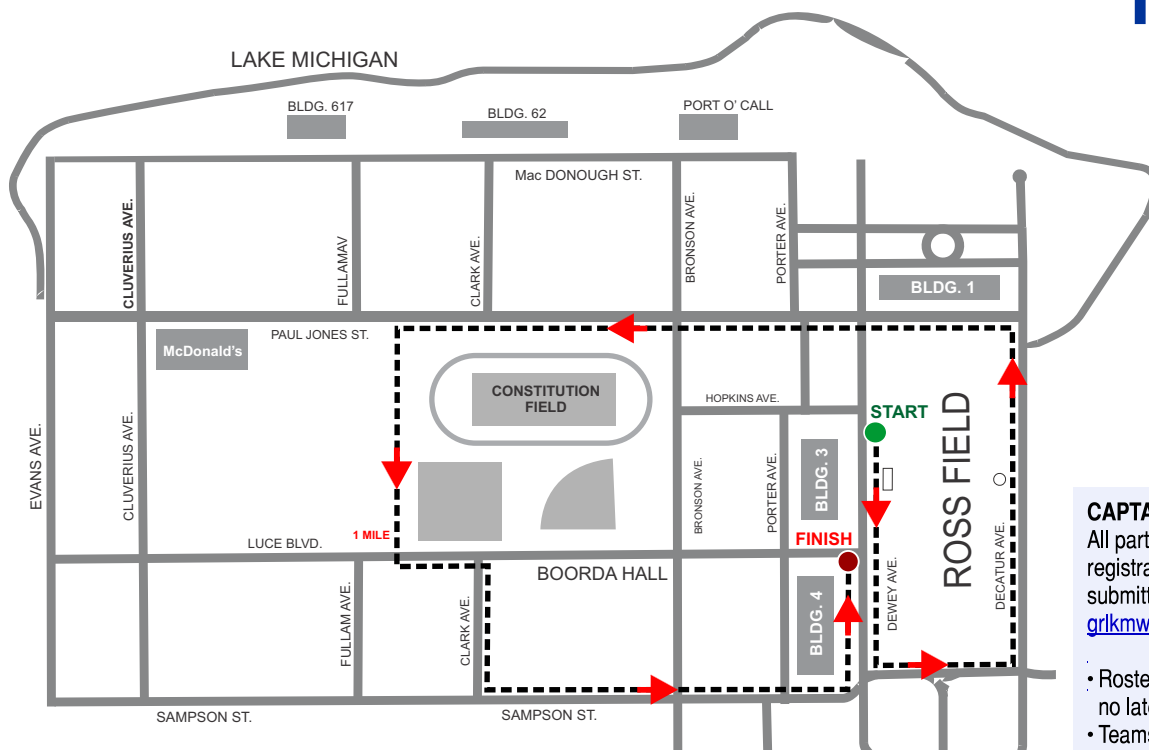


Naval Station 5K Course = 3.1 Miles

Start / End of Race - Bldg. 4



1.5 MILE WALK



Naval Station 1.5 Mile Walk Course

Start / End of Race - Bldg. 4

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: Wednesday, May 14, 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.