

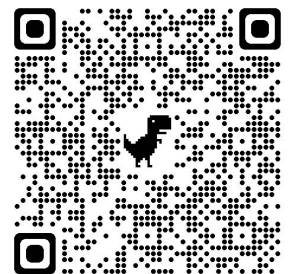
2025 RUN CALENDAR

EVENT	DATE	START TIME	DAY	CHECK-IN
Run Your Heart Out 5k *c	07-Feb	1100	Fri	07-Feb at 1045
Color Me Spring Fun Run #c	15-Mar	0900	Sat	15-Mar at 0845
Cinco De Mayo Taco Fun Run	09-May	1100	Fri	09-May at 1045
Captain's Cup 5k *^#	06-Jun	0800	Fri	06-Jun at 0745
Run For the Fallen 5k *c (Trail Run and Ruck)	12-Sep	0800	Fri	12-Sep at 0745
Navy Birthday 5k *+#	10-Oct	0800	Fri	10-Oct at 0745
Turkey Trot 5k *c	14-Nov	1100	Fri	14-Nov at 1045
Rudolph 5k *c (Run and Ruck)	12-Dec	1100	Fri	12-Dec at 1045

* = Medals for top 3 finishers in Men's and Women's divisions
= Additional Kids division with medals for 1st-3rd Place
+ = Compete against runners from across the Southeast Region
^ = For the Captain's Cup 5k, there is a \$5 entry fee for CIVILIANS
c = Earn Captain's Cup points (see staff at race check-in)
All runs are open to anyone with base access

To register for a run, scan this QR code, stop by the Fitness Center (bldg. 1810), or call 817-782-7770.

Like and follow us at:



Join the 100-Mile Run Club and 500-Mile Run Club by emailing screenshots of your runs to
Cnicseftwomwr-fitnesscenter@us.navy.mil

Members of each run club receive a FREE T-SHIRT!