



2024 MWR Captain's Cup

RACE SERIES

5K RUN / 2 MILE WALK

PARTICIPATE IN THE RACE INCENTIVE PROGRAM & WIN PRIZES!

COMMAND TEAM POINTS:

All commands are encouraged to submit a 5K run team roster to Gym 4 Courts Plus (2)-days prior to the date of each race. Each team roster must have a minimum of (4)-runners to compete. Team members must consist of runners from the same command, barracks and/or work space to be eligible for Captain's Cup points. Commands may submit more than (1)-team per race. If multiple teams from a command participate in a race, only (1)-team with the fastest time is eligible for points for each race.



MORE INFO OVER →

Wed., April 10

SAPR 5K Dash of Color

4:30pm, Gym 4

Wed., May 15

Fitness Run

4:30pm, Gym 4

Fri., June 7

Donut Dash

10:30am, Gym 4

Dates are subject to change.

Tues., July 2

Firecracker

4:30pm, Gym 4

Wed., Aug. 28

Navy Chief, Navy Pride

Time: TBA, NEX-Bldg. 400

Wed., Sept. 11

Remembrance Day

Time: TBA, Gym 4

FREE!

2024 RACE INCENTIVE PROGRAM



Earn MWR prizes by participating in any of the scheduled 2024 MWR Runs!

PROGRAM ELIGIBILITY:

- Open to all authorized NSGL MWR Sports and Fitness program patrons of all ages.
- Only 2024 MWR Race Series runs are authorized within this program.
- To receive participation credit, runner must complete the MWR race and sign participation log on the day of the schedule 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, 2024.



MWR Sunglasses (2 Runs)

MWR Belt Bag (4 Runs)

MWR Umbrella (6 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. Each team may consist of Active Duty service members and their dependents, Retirees and DoD employees from the same command, barracks and/or work space location. To receive points for the 2024 MWR Race Series, your command must participate in a minimum of (4)-races. Team run time is calculated by the average time of all (4) runners (Add all team member times and divide by 4). The team with the fastest time is determined the winner of that race. The command with the most points after the (6)-scheduled races is crowned the overall winner of the Captain's Cup Race Series and receives the points towards the 2024 Captain's Cup program.

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