



GLOBAL RUNNING DAY

5K/1.5 MILE WALK ALL-TERRAIN*

**WED
JUNE
3RD**

- **START TIME: 4:30PM**
- **LOCATION: FIT PIT (CONSTITUTION FIELD)**
- **FREE & OPEN TO ALL HANDS!**

WALK, RUN & HAVE FUN!



Online Registration is Required
for ALL Participants:
myffr.navyaims.com

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TELEMYND
MENTAL HEALTH IS OUR MISSION



*Race route contains various changes in surfaces and terrains, which include but are not limited to, asphalt, natural paths and trails, grass, rock, gravel, dirt/mud, sand and changes in elevation.

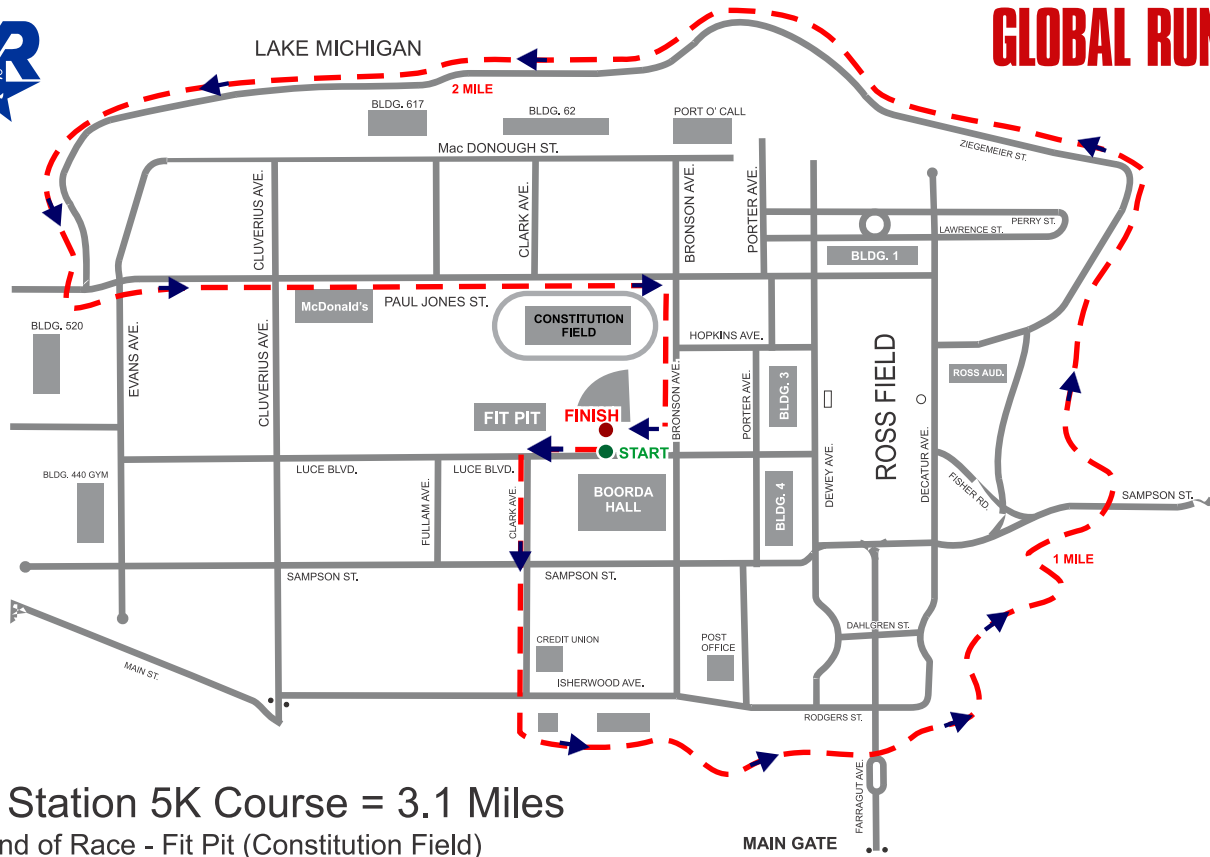
No Navy endorsement implied.



847-688-7769

NavyLifeGL.com

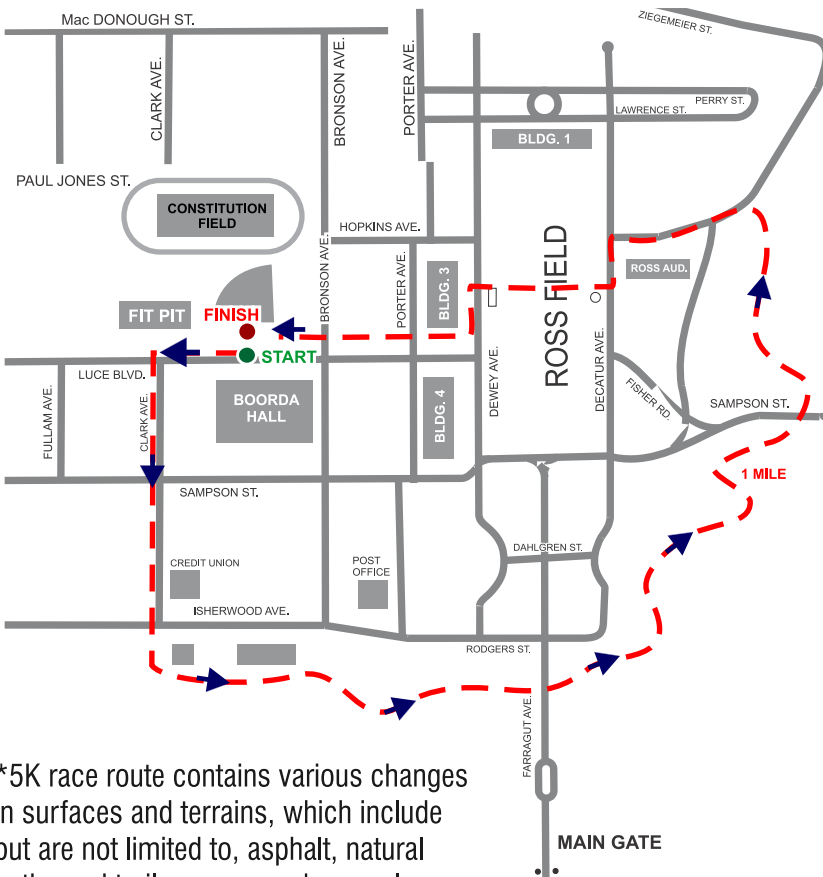
@NavyLifeGL



Naval Station 5K Course = 3.1 Miles
Start / End of Race - Fit Pit (Constitution Field)

1.5 MILE WALK COURSE

Start / End of Race - Fit Pit (Constitution Field)



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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: grlkmwrspportsandfitness@us.navy.mil

- Roster Deadline: Tuesday, June 2, 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. _____