

RUN FOR THE FALLEN



★ **MAY 1 - 31** ★

Reach 100 miles within one month in honor of those who have fallen. Log miles in binders located at the Fitness Center and Base Gym. Awards to those who complete the challenge. Sign up starting April 24 at the Fitness Center or Base Gym. Call (904) 542-3518 for questions.

Run for the Fallen 5k
May 17 • 11:30 am
A fun run at the Antenna Farm. Registration starts at 10:30 am. Miles can be counted towards this fitness challenge. No official times recorded.



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