



METRO REGIONAL RUN SCHEDULE



FITNESS,
SPORTS &
AQUATICS

St. Paddy's Day 5K	March 16	Naval Station Norfolk	_____
March Madness 5K	March 28	Dam Neck	_____
Marine Corps 10K Wilderness Run	March 30	NSAHR Northwest	_____
Red, White and Blue 5K	April 4	Norfolk Naval Shipyard	_____
Spring Fever 5K	April 18	NAS Oceana	_____
Armed Forces Day 5K	May 17	NSAHR Norfolk	_____
Run For Glory 5K	June 14	JEB Little Creek	_____
Summer Fever 5K	June 15	Cheatham Annex	_____
Run with the Chiefs 5K	August 17	Naval Station Norfolk	_____
Labor Day 5K	September 5	JEB Fort Story	_____
Fall Frenzy 5K	September 21	NWS Yorktown	_____
Pink Ribbon 5K	October 3	NSAHR Hospital Annex	_____
Fleet Day 8K	October 12	Cheatham Annex	_____
Grunt Run	October 13	NSAHR Northwest	_____
Pumpkin Patch 5K	October 17	NAS Oceana	_____
Monster Dash 5K	October 26	Naval Station Norfolk	_____
Veteran's Day 5K	November 7	Dam Neck	_____
Turkey Trot 5K	November 15	NSAHR Norfolk	_____
Army/Navy 10K	December 8	JEB Fort Story	_____
Reindeer Run 5K	December 14	JEB Little Creek	_____
Beat The Ball 5K	December 31	NSAHR Hospital Annex	_____



MORALE, WELFARE & RECREATION