

FREE!

Naval Station Norfolk

St. Patrick's DAY

5K RUN



**Friday, March 16
11:30 a.m. at N-24 Gym**

Proper PT gear must be worn at all times.

ELIGIBILITY

Active duty, retirees, eligible family members, reservists and DoD civilians.

AGE GROUPS AND DIVISIONS

Men and Women; 29 & younger, 30 to 37, 38 to 44, 45 to 49 and 50 & older

AWARDS

Awards will be given to the top three men and women in each division.

REGISTRATION

Preregistration ends Friday, March 9 at 4:30 p.m. Race day registration begins at 10 a.m.

Light refreshments will be served.

EXERCISE YOUR OPTIONS

Please note:

REGISTRATION FORM ON BACK

MWR Fitness & Sports uses the WinningTime Chip System. No other timing chip may be worn. Runners will pick up their WinningTime Chip on race day along with their assigned race number.

CALL 444-2276 FOR MORE INFORMATION.



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