

2024 CAPTAIN'S CUP REMEMBRANCE

5K RUN 2 MILE WALK



Free!



WED., SEPT. 11 • 4:30PM • GYM 4

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
we will never forget ★ we will never forget

Open to all base personnel.

Safety Briefing at 4:15pm • Race begins at 4:30pm

Awards to the top three male and female fastest runners.

No individual runner registration required.

CAPTAIN'S CUP EVENT:

Register your Command Team Roster at Gym 4 by Tues., Sept. 10, 4pm.

Team rosters for 5K run: 4 names from a team, all from the same
Command, Barracks and Work Station.

Can also email team roster to: grlkmwrsportsandfitness@us.navy.mil

For more information, call Gym 4 at 847-688-7769

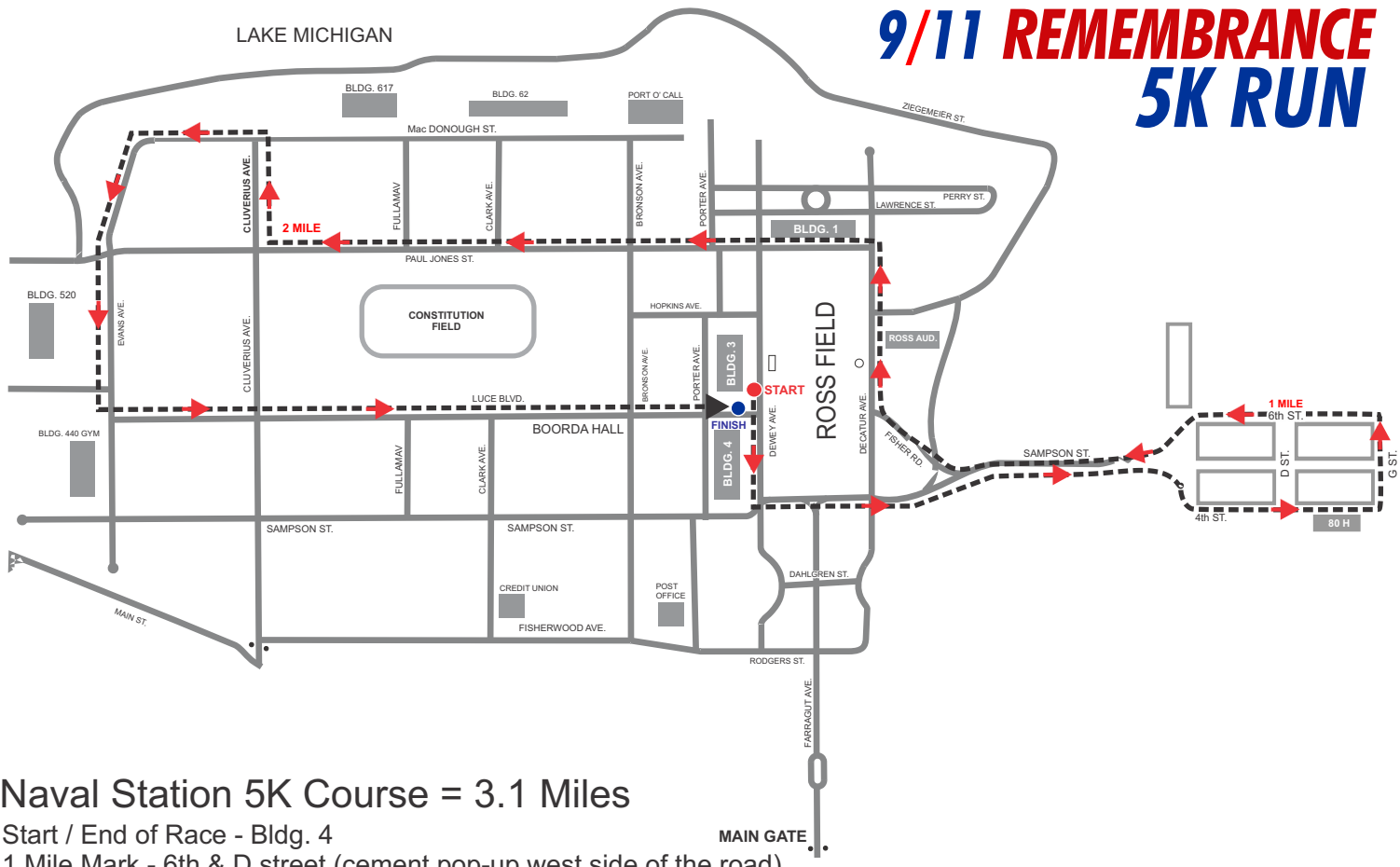


847-688-7769

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No Navy endorsement implied.

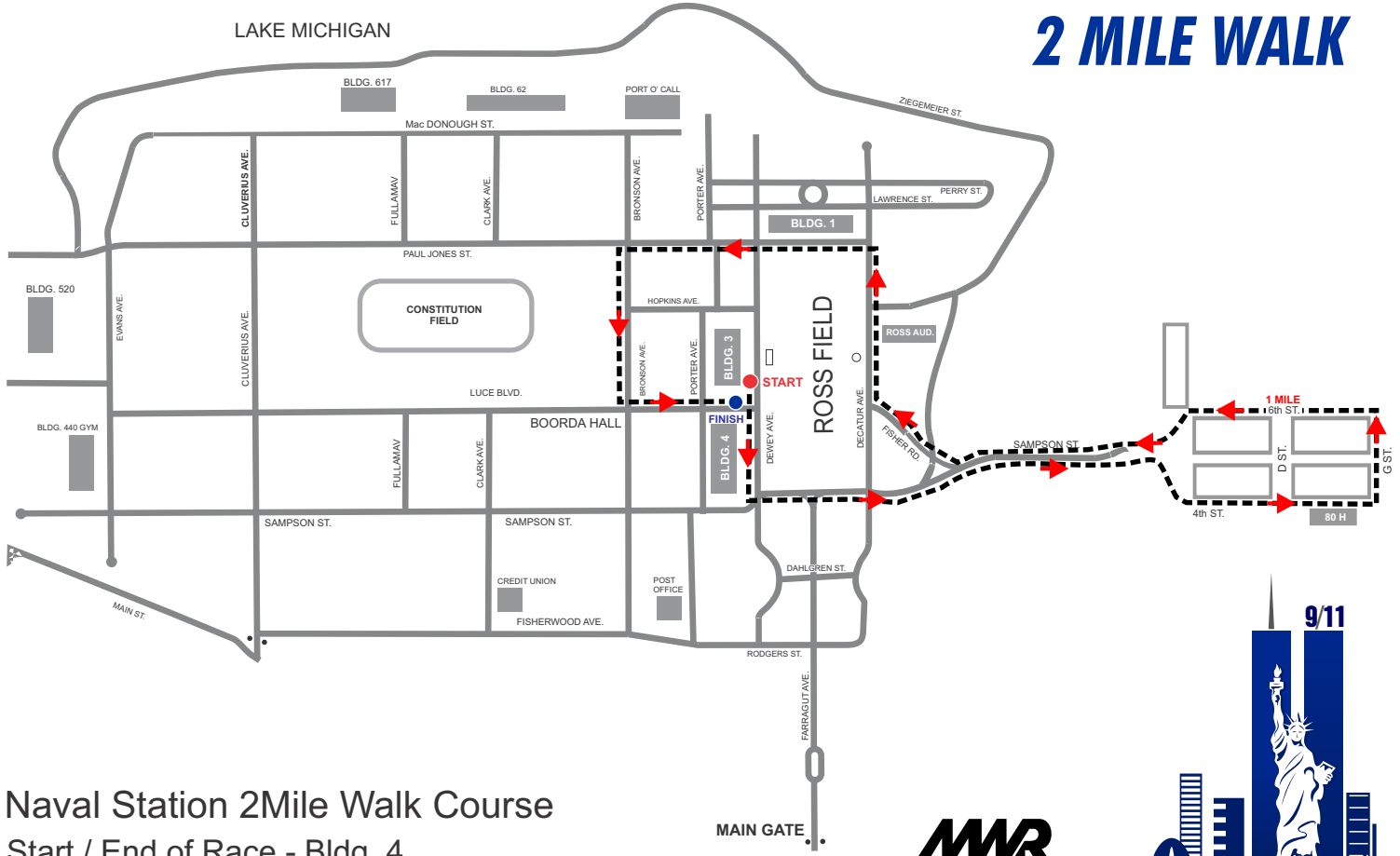
9/11 REMEMBRANCE 5K RUN



Naval Station 5K Course = 3.1 Miles

- Start / End of Race - Bldg. 4
- 1 Mile Mark - 6th & D street (cement pop-up west side of the road)
- 2 Mile Mark - Approximately 50 ft. on Cluverius Ave. from McDonalds corner.

2 MILE WALK



Naval Station 2Mile Walk Course

- Start / End of Race - Bldg. 4
- 1 Mile Mark - 6th & D street (cement pop-up west side of the road)

