

RUN • WALK • SWIM • BIKE • ROW

NSAW MWR 2021 VIRTUAL 5K SERIES



\$25

PER PERSON
FOR ENTIRE SERIES

Complete a 5K (3.1 mile) distance by running, walking, biking, swimming, or any other activity you choose.

Receive a medal and t-shirt
(Pick up at NSAW WNY Fitness Center or delivery for an additional: \$8)
Proceeds go to support MWR programming at NSA Washington.

Register online at www.navymwrwashington.com/5kseries or
at the WNY B22 Fitness Center Front Desk
Register at any time throughout the year!

Questions? Contact mwr.fitness.nsa.wct@navy.mil or call 202-433-2282.

THEMES

FEB	HEART TO HEART
APRIL	AUTISM AWARENESS
JUNE	GET OUTSIDE
AUGUST	BACK TO SCHOOL
OCTOBER	NAVY BIRTHDAY
DECEMBER	HOLIDAY HUSTLE



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