NBSD & NMCSD

ANNUAL RUN SCHEDULE

Open to all MWR eligible patrons. Visit navylifesw.com for full details and registration.

Resolution Run 2025 5k Run/Walk Kickstart your New Year's resolutions and start your new fitness goals while celebrating the New Year!	**Thursday** **Jan 16**	**8 am**	**Admiral Baker Golf Course** ***2400 Admiral Baker Rd.*** ***San Diego, CA 92120***
Heart Healthy 5K Get your heart pumping and join us for a circuit interval run workout! (5K circuit training)	**Thursday** **Feb 13**	**11:15 am**	**NMCSD Bldg. 12** **Softball Field**
St. Patrick's Day 5K Run/ Walk Test your luck and run or walk with us during this family-friendly 5K event.	**Monday** **Mar 17**	**11:15 am**	**NMCSD Bldg. 12** **Softball Field**
NBSD Woof Walk Take a stroll with your furry friend and enjoy mingling with dog lovers of our Military community.	**Saturday** **Apr 19**	**9 am**	**NBSD Bldg. 3279** **Admiral Prout Picnic Area**
Cinco de Mayo 5K Run/Walk Kickstart your celebrations with a fun Run! Finishers get a free t-shirt and virgin margaritas.	**Monday** **May 5**	**11:15 am**	**NMCSD Bldg. 12** **Softball Field**
Memorial Day Challenge Take on a full body workout run paying tribute to the sacrifices of our nation's heroes and honoring the brave.	**Monday** **May 26**	**7 am**	**NBSD Bldg. 3279** **Admiral Prout Track and Field (Noffs Zone)**
Juneteenth 2-Mile Run/Walk Run in solidarity celebrating resiliency and perserverance .	**Wednesday** **Jun 18**	**8 am**	**NBSD Bldg. 3279** **Admiral Prout Track & Field**
Anchors Aweigh Aquathlon Complete a 1-mile run, 500m swim, 1-mile run to test your cardiovascular endurance!	**Saturday** **Jun 21**	**9 am**	**NBSD Bldg. 3279** **Admrial Prout Pool**
Independence Day Reverse Triathalon Join in for a 1.5 mile run, 6-mile spin bike ride, and a 500-m swim celebrating freedom.	**Friday** **Jul 11**	**9 am**	**NBSD Bldg. 3279** **Admrial Prout Pool**
POW MIA 2-Mile Run/Walk Honor and pay tribute to our nation's Prisoners of War and Missing in Action.	**Friday** **August 15**	**8 am**	**NBSD Bldg. 3279** **Admiral Prout Track & Field**
9/11 Climb to Remember Remember and honor the lives lost on 9/11 by conquering the Pacific Beacon stairs.	**Thursday** **Sept 11**	**8 am**	**NBSD - Pacific Beacon** ***3705 Norman Scott Rd.*** ***San Diego, CA 92136***
Backyard Obstacle Course Challenge Test your endurance and agility conquering various obstacles on your way to the finish line.	**Friday** **Sept 26**	**8 am**	**NBSD Bldg. 3279** **Admiral Prout Track & Field**
Navy Birthday 5k Run/Walk Celebrate the United States Navy's 250th Birthday completing a fun and challenging 5k.	**Friday** **Oct 10**	**8 am**	**NBSD Bldg. 3279** **Admiral Prout Track & Field**
Wounded Warrior Run/Walk Join us in support of Wounded Warrior Care month!	**Thursday** **Nov 20**	**11:15 am**	**NMCSD Bldg. 12** **Softball Field**

Details subject to change without notice. For questions, call 619-556-7444

MWR FITNESS

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