

FY 19 HILL AFB 75FSS FITNESS EVENTS

EVENT	DATE(S)	REGISTRATION STARTS	REGISTRATION DEADLINE	COST	LOCATION	TIME
FLEX YOUR FITNESS FRIDAY	5-Oct	N/A	N/A	FREE	ALL FITNESS CENTERS	1200-1600
FALL LIFTING SERIES	29 SEPT/20 OCT/10 NOV	23-Aug	ONGOING	FREE	FUNCTIONAL FITNESS AREA	800
TURKEY TROT 5K	14-Nov	10-Oct	14-Nov	FREE	DUCK POND ROUTE	1130
FITNESS FREQUENCY CHALLENGE	14 JAN - 8 MAR	2-Jan	ONGOING	FREE	WFC AEROBIC ROOM	VARIES
WARBIRD CROSSFIT VALENTINE'S DAY WOD	14-Feb	N/A	N/A	FREE	FUNCTIONAL FITNESS AREA	0600/1100/ 1200/1700
K9 WARRIOR DOG DASH 5K	16-Mar	18-Feb	16-Mar	FREE	DUCK POND ROUTE	900
ALPHA WARRIOR BATTLE RIG COMPETITION	30-Mar	1-Mar	30-Mar	FREE	FUNCTIONAL FITNESS AREA	TBD
MONTH OF THE MILITARY CHILD SUPERHEROES AND VILLAINS 5K	13-Apr	13-Mar	13-Apr	FREE	DUCK POND ROUTE	900
MILITARY SPOUSE APPRECIATION DAY AEROBATHON	10-May	N/A	N/A	FREE	WFC AEROBIC ROOM	0900-1200
HALF MARATHON	4-May	4-Mar	2-May	starts @ \$10/\$20	PERIMETER ROAD ROUTE	700
WARBIRD CROSSFIT MURPH CHALLENGE	1-Jun	1-May	1-Jun	FREE	FUNCTIONAL FITNESS AREA	800
POWERLIFTING COMPETITION	29-Jun	1-May	29-Jun	FREE	FUNCTIONAL FITNESS AREA	800
LAZYMEN IRONMAN TRIATHLON	1 JUL - 2 AUG	1-Jun	ONGOING	FREE	ALL FITNESS CENTERS, ODP	VARIES
TRIATHLON SPRINT	10-Aug	10-Jun	7-Aug	starts @ \$10/\$20	ODP, PERIMETER ROAD AND DUCK POND ROUTE	700
STRONGMAN COMPETITION	14-Sep	1-Aug	14-Sep	FREE	FUNCTIONAL FITNESS AREA	800