

# MID-ATLANTIC REGION



## 2019 RUN SCHEDULE

### ST. PATRICK'S DAY 5K

Friday, March 15  
NAVSTA Norfolk

### SUPERHERO 5K

Friday, March 29  
Dam Neck Annex

### MAD HATTER 10K

Saturday, April 6  
NNSY / St. Juliens Creek

### SPRING FEVER 5K

Thursday, April 18  
NAS Oceana

### SPRING RUN FOR COLOR 5K

Saturday, April 20  
JEB Fort Story

### MONTH OF THE MILITARY CHILD EARTH DAY / SAPR 5K

Thursday, April 25  
WPNSTA Yorktown

### TEAL RIBBON 5K

Friday, April 26  
NSA HR - Headquarters

### MARCH INTO SUMMER 5K AND HEALTH FAIR

Friday, May 10  
WPNSTA Yorktown

### RUN 4 A CAUSE COLOR RUN

Saturday, May 18  
NAVSTA Norfolk

### RUN FOR GLORY 5K WITH OBSTACLES

Friday, June 7  
JEB Little Creek

### COLOR ME AWESOME FAMILY FUN RUN

Saturday, June 22  
NNSY / St. Juliens Creek

### 101<sup>ST</sup> BIRTHDAY 8K PIER RUN

Friday, August 9  
WPNSTA Yorktown

### RUN WITH THE CHIEFS 5K

Friday, August 23  
NAVSTA Norfolk

### LABOR DAY 5K

Saturday, September 7  
JEB Fort Story

### REMEMBRANCE RUN 5K

Wednesday, September 11  
Norfolk Naval Shipyard

### BEACH BUM 5K

Friday, September 13  
Dam Neck Annex

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For more information or to register, visit  
[navymwrmidlant.com/runs](http://navymwrmidlant.com/runs)

Dates and times are subject to change.



# 2019 RUN SCHEDULE

**BARBARIAN BRUISER**  
Saturday, September 21  
Cheatham Annex

**WOUNDED WARRIOR 5K**  
Friday, November 8  
NSA HR - Headquarters

**GRUNT RUN / RUNT GRUNT**  
Saturday, October 12  
NSA HR - Northwest

**WALK, WAG & RUN**  
Saturday, November 16  
NAVSTA Norfolk

**PUMPKIN PATCH 5K**  
Thursday, October 17  
NAS Oceana

**ARMY / NAVY 10K**  
Saturday, December 14  
JEB Fort Story

**PINK RIBBON 5K**  
Friday, October 18  
NSA HR - Portsmouth

**REINDEER RUN 5K**  
Friday, December 6  
JEB Little Creek

**MONSTER DASH 5K**  
Friday, October 25  
NAVSTA Norfolk

**BEAT THE BALL 5K**  
Tuesday, December 31  
NSA HR - Portsmouth

