



SHORT FITNESS CENTER

AIR FORCE BIRTHDAY 3K/5K RUN/WALK

WED SEPT 18

6:45 WARM-UP/ 7AM START

Starts at Short Fitness Center Parking Lot Near Pavilion

Wear Blue & White Fitness/PT Attire

FREE!

Prizes for Fastest 3K Female & Male.
Prizes for Fastest 5K Female & Male.
(Four prizes total)

Sign-up at the Fitness Center
Snacks and Refreshments provided.
Volunteers Welcome!



www.macdillfss.com



DEPARTMENT OF THE AIR FORCE



FITNESS & SPORTS

For More Info Call

828-4496



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