MWR Happenings

Morale, Welfare & Recreation

THE SALTY DOG TRIATHLON

Saturday, September 26 at 0700
at the Green Bay Marina

This is the third segment of the Dydo sprint triathlon series, swim 400m, bike 10.5 miles and run 5k.This event is open to individuals and teams. All those who complete at least two of the three races will receive a performance running visor for their efforts. Participants will be given an awesome salty dog tank top made with breathable materials, ideal for the hot humid conditions here in Yokosuka. Entry fee is $15, please come early for the mandatory pre-race brief and to get your hands on the tank tops before they all disappear. For more information please call 241-4486.

Garlic Night
at Club Alliance

Saturday, September 26 from 1700 to 2100
Delight your taste buds with a delicious garlic entrée on this special night! Why go all the way to Yokohama when affordable garlic entrées are right at the gate.
For more information call 243-3000.

CPO Club Free BUFFETS!

During September and October you can earn a free buffet at the CPO Club! Enjoy our Sunday Brunch Buffet, Tuesday Prime Rib Buffet or Wednesday Mogolian Buffet (minimum $10 purchase) and get a stamp on your stamp card. After your tenth visit, you will earn a free buffet or $10 off an enteé of your choice on our Friday Seafood Menu. For more information call 243-5506.

EARTHDAY PART55

Saturday October 3 from 0900 to 1300 at CFAY

We need U.S. volunteers to pitch in and clean CFAY in partnership with local resident volunteers. Route will be from Carney Gate throughout CFAY including all on base monuments. Please sign up by Monday, September 28.

For more information call 243-4731. International Programs

NAVY ENTERTAINMENT AND ARMED FORCES ENTERTAINMENT PRESENT
flo rida

Monday, September 28 at 1900
Behind the Yokosuka Bowling Center

DO's - Have fun, enjoy, drink responsibly and be safe. DON'Ts - No glass containers, no pets (not even on a leash), no video recording, no BBQ's or flammable objects. For more information, please call 243-5215.

NAVY Entertainment

2009 YOKOSUKA BODYBUILDING & FIGURE CHAMPIONSHIP

SUNDAY, OCTOBER 4, FLEET THEATER AT 1500

DON'T MISS THE BIG SHOW!

$10 Admission. For more Information, please call at 241-4486.

Sponsors: MX JAPAN, C.C. CREATIONS, USO, SUBWAY, NEX, GNC Live Well

MWR sincerely thanks and appreciates the sponsors of this event. However, neither the Navy nor the federal government officially endorses any company, sponsor, or their products or services.

33rd Annual MIKOSHI PARADE

Sunday, October 18

Volunteers Needed!

We need 80 to 100 U.S. volunteers to carry our CFAY Mikoshi at this event. For details call 243-4731.