

# RUN



## A GUIDE TO RUNNING ON NSA PANAMA CITY, FL

WITH MAPS AND USEFUL INFORMATION



# **RUNNING INFORMATION**

**NSA Panama City offers a variety of running trails to meet the needs of any runner. Trails are marked by color-coded signs along the route and are outlined on the maps in the booklet. Marked trails include: 1.5 miles; 2.2 mile Exercise Trail; 2.2 miles; 3 miles; 4 miles; 5 miles; and 6 miles. All courses begin and end at the Fitness Center**

**Join us for 2.2 mile fun runs held monthly from October through June on the third Wednesday of the month. Walkers begin at 1145, and runners begin at 1200. Meet at the Fitness Center and stay afterward for refreshments and prizes.**

**The Fitness Center also hosts the following races onboard NSA Panama City:**

**Splash and Dash Biathlon - June  
(1/4 mile swim and 5K run)**

**Summer Sprint 5K - July**

**Holiday 10K - December**

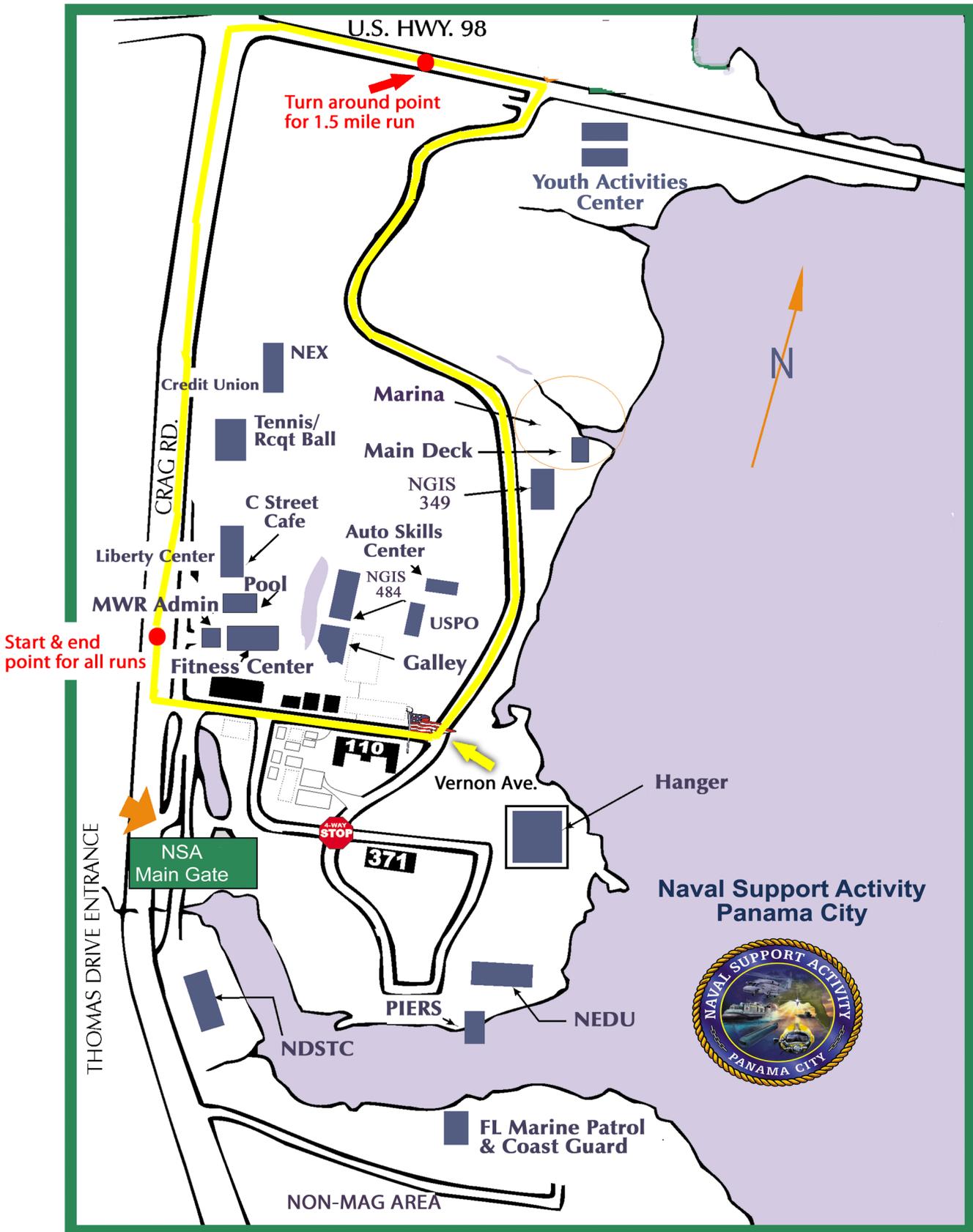
**Fitness Center Hours:**

**Monday-Friday: 0530-2100**

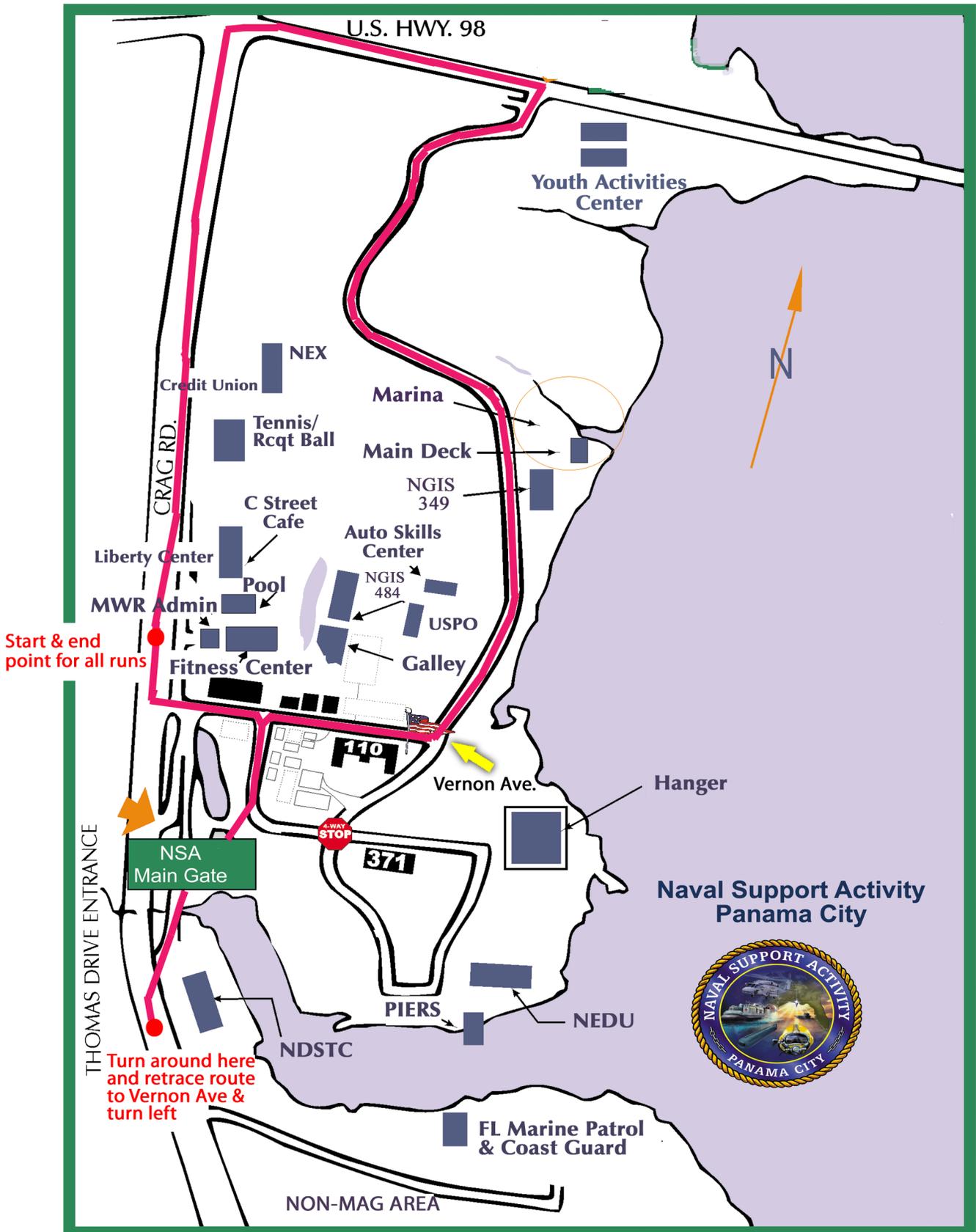
**Saturday, Sunday, & Holidays: 0800-1600**

**Phone: 234-4370**

# 2.2 & 1.5 Mile Run



# 3.0 Mile Run



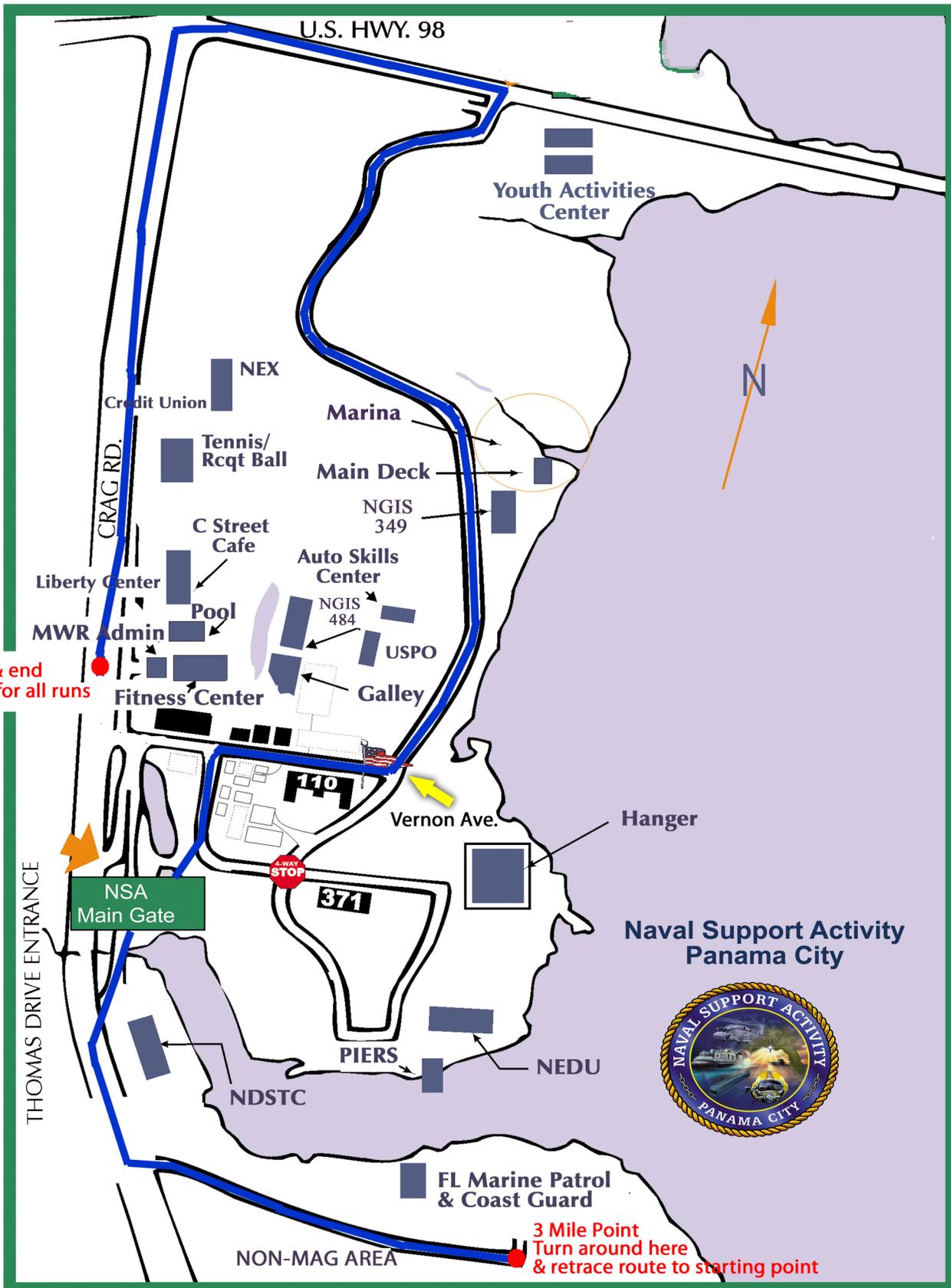
# 4.0 Mile Run



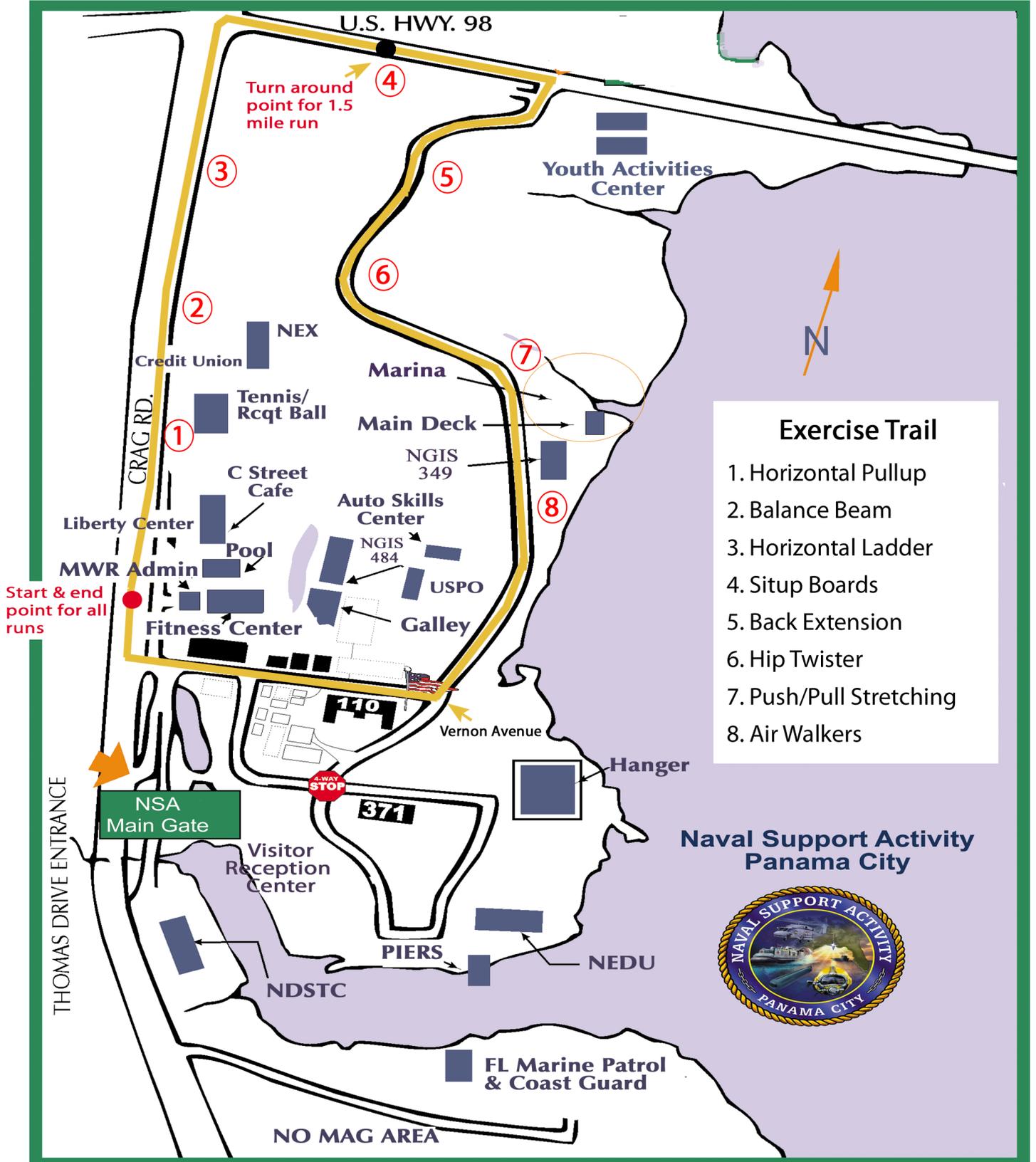
# 5.0 Mile Run



# 6.0 Mile Run



# 2.2 Mile Exercise Trail



Please follow all instructions and safety warnings  
 \*Not intended for unsupervised children\*