



FIT THE ROAD

2012 Running Schedule

All runs begin at the Base Gym

MWR's Fit Trail at the beach

•Fit Trail begins behind the CPO Pavilion at Surfside Fitness Center

•1.25 mile course with 5 exercise station for strength, flexibility, balance and endurance

•5 different training exercises per station

•An Individual workout in the outdoors for the avid runner and fitness enthusiast

•The Ideal tool for any runner in training

**For more information, please call
(904) 270-5451**

Jan. 10	Kick Off The New Year 3K Walk/ 5K Run 8:10 am
Feb. 14	Valentine's Day 3K Walk/ 5K Run 8:10 am
Mar. 13	Catch a Leprechaun 3K Walk/ 5K Run 8:10 am
Apr. 17	Spring Forward 3K Walk/ 5K Run 6:30 pm
May 8	Armed Forces 5K Walk/ 10K Run 8:10 am
Jun. 12	Summer Beach 3K Walk/ 5K Run 8:10 am
Jul. 10	Moonlight 3K Walk/ 5K Run 6:30 pm
Aug. 14	Go the Distance 5K Walk/ 10K Run 8:10 am
Sep. 11	Freedom 3K Walk/ 5K Run 8:10 am
Oct. 16	Knock Out Domestic Violence 3K Walk/ 5K Run 8:10 am
Nov. 13	Turkey Trot 3K Walk/ 5K Run 8:10 am
Dec. 11	Jingle Bell 5K Walk/ 10K Run 8:10 am