



OBSTACLE 5K



THIS 5K WILL INVOLVE AN OBSTACLE COURSE THROUGH THE RUNNING TRACK ON BASE!

APRIL 18 • 11 AM
DAHLGREN FITNESS CENTER

FREE FOR ACTIVE DUTY
\$5 FOR ALL OTHERS

Register at the Fitness Center.
Open to all with base access.

- ✓ **AGILITY LADDERS**
- ✓ **TIRES**
- ✓ **SLEDGEHAMMERS**
- ✓ **HURDLES**

ANNUAL 5K AS PART OF THE DAHLGREN 5K RUNNING SERIES



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