

Events of 2019:	Date/Time:
January:	
New Year New You 5K	4 Jan @ 1600
February:	
Sweetheart 5K	15 Feb @ 1600
Pickle Ball Tourney	22 Feb @ 1530
March:	
3 on 3 Bball Tourney	8 Mar @ 1800
St. Patricks Day 5K	15 Mar @ 0700
Bench Press Competition	29 Mar @ 1530
April:	
Total Body Strength Challenge	1 Apr-31 May
Spring Fling 5K	5 Apr @ 0700
Squat Competition	12 Apr @ 1530
Climb Mt. Everest	15-19 Apr
May:	
May Fitness Month 5K	10 May @ 0700
Dodgeball War Tourney	17 May @ 1500
June:	
Color Run 5K	7 Jun @ 0700
Co-ed Dead Lift Competition	14 Jun @1500
3-on-3 Indoor Soccer Tourney	21 Jun @1000
July:	
Firecracker 5K	5 July @0700
3 on 3 Volleyball	26 July @1600
August:	
Furnace 5K	9 Aug @ 0700
September:	
Co-ed Strong Man Competition	13 Sep @ 1300
AF Birthday 5K	18 Sep @ 0700
October:	
Ghost & Ghouls 5K	31 Oct @ 0700
November:	
Veterans 5K	8 Nov @ 0700
December:	
Jingle Bell 5K	13 Dec @ 0700