

NSF
DAHLGREN

MWR IRON

Begins

June 1

Ends

June 30

Open to all with
base access.

FREE

Dahlgren
Fitness Center



CHALLENGE

2.4 Mile Swim (3.86 km) ▲ 112 Mile Bike (180.25 km) ▲ 26.22 Mile Run (42.20 km)

*Any and every one can participate in this MWR Iron Challenge!
Accumulate miles for swimming, running and biking all month long
and make your goal a reality with this challenge.*

*Already a competitive pro? Complete the MWR IRON competition
on Thursday, June 1 to receive a special prize!*

For more information, contact the Dahlgren Fitness Center at (540) 653-8580. No registration required.

STAY
CONNECTED



NAVYMWRDAHLGREN.COM

@DAHLGRENFFR

