

Virtual Leprechaun Challenge 5K

March 14-20

A leprechaun stole your best finish time!
Challenge him to a race for a new personal best!

Send a photo of your luckiest,
green apparel via Messenger to
@DahlgrenFFR to be entered to win
a prize by March 21.

Register online at
www.NavyMWRDahlgren.com/Register

FREE

Open to all with base access.

FOLLOW ALL CDC GUIDELINES AND SOCIAL
DISTANCING RULES WHILE EXERCISING OUTSIDE.
ALWAYS CONSULT WITH A PHYSICIAN BEFORE
BEGINNING ANY EXERCISE PROGRAM.

