

2008 Norfolk Metro Run Schedule

EXERCISE YOUR OPTIONS

Check with your nearby fitness center for registration forms

March Into Spring 5K Friday, March 7 11:30 a.m. NAS Oceana	St. Patrick's 5K Friday, March 14 11:30 a.m. Naval Station Norfolk	Marine Corps Wilderness 10K Wednesday, March 19 11:00 a.m. Northwest Annex	Lucky Charm 5K Wednesday, March 26 11:30 a.m. NAB Little Creek
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Fool's Run in 5K Friday, April 4 11:00 a.m. Dam Neck	Kids One Mile Run Friday, April 18 11:30 a.m. NAS Oceana	Fit 4 Life 5K Wednesday, April 23 11:30 a.m. Norfolk Naval Shipyard
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Spring Fever 5K Friday, May 2 11:30 a.m. Cheatham Annex	Fun Run in the Sun 5K Friday, May 30 11:30 a.m. Naval Station Norfolk
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Cultural Diversity 5K Friday, June 6 11:30 a.m. NSA Norfolk	Run for Glory 5K at Gator Water Park Thursday, June 12 6:15 p.m. NAB Little Creek	Run by the River 5K Wednesday, June 18 11:30 a.m. Portsmouth Naval Medical Center	Splish Splash 5K & Kids Run at Aeropalms Water Park Friday, June 27 5:30 p.m. NAS Oceana
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Fleet Week 5K Saturday, August 2 8:05 a.m. Naval Station Norfolk	Fleet Week 10K Saturday, August 16 8:05 a.m. Naval Station Norfolk
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Fleet Week Eight Miler Saturday, September 13 8:05 a.m. Naval Station Norfolk	Red, White & Blue 5K Wednesday, September 17 11:30 a.m. Norfolk Naval Shipyard	Fall Frenzy 5K Wednesday, September 24 11:30 a.m. NWS Yorktown	Fleet Week 10 Miler Saturday, September 27 8:05 a.m. Naval Station Norfolk
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Pink Ribbon Run Wednesday, October 8 11:30 a.m. Portsmouth Naval Medical Center	Fall Follies 5K Friday, October 17 11:30 a.m. Northwest Annex	Monster Dash 5K Friday, October 31 11:30 a.m. Naval Station Norfolk
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Back in Time 5K Wednesday, November 5 11:30 a.m. Dam Neck	Veteran's Day 5K Thursday, November 13 11:30 a.m. NAS Oceana	Turkey Trot 5K Friday, November 21 11:30 a.m. NSA Norfolk
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Santa's 1.5 Mile Run/Walk Wednesday, December 3 11:30 a.m. Norfolk Naval Shipyard	Reindeer Run 5K Wednesday, December 10 11:30 a.m. NAB Little Creek
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