

Fort Hood

SPORTS FITNESS AQUATICS & RUNS



CALENDAR OF EVENTS *2017*

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FORT HOOD RUN CALENDAR

Start Time: 8 am,
On-site Registration: 7 am -7:30 am
Online Registration form: HoodMWR.com
Events, dates and times are subject to change

*** All Run Events are Fee-based (2017)

18 March 17 Shamrock 5K Run or Walk
Start location: Abrams Physical Fitness Center

8 April 17 April Showers 5K Run/Walk
Start location: Abrams Physical Fitness Center

6 May 17 Fallen, Never Forgotten 10K/5K Competitive Run & 3K/1mile Recreational Run/Walk,
In honor of those who paid the ultimate sacrifice.
Start location: Cameron Field

10 June 17 Summer Fun 5K Run or Walk
Start Location: Abrams Physical Fitness Center

4 July 17 Independence Day Color Run 5K Run or Walk
Start Location: Harvey Functional Fitness Center

5 August 17 Hood Hotter Than Hades 5K Run or Walk
Start Location: Abrams Physical Fitness Center

9 September 17 Sprint Triathlon (300-meter swim, 12-mile bike ride, 3.1-mile run)
Start Location: BLORA

9 October 2016 Army Shadow Ten-Miler
Start Location: BLORA

10 December 2016 Holiday Dash 5K Run or Walk
Start Location: Abrams Physical Fitness Center

Online Registration @
HoodMWR/running_fitness.htm

♦ T-shirt included with registration

Emergency Contact

Name: _____

Phone: _____

Relationship to you: _____

Check boxes that apply:

☐ Recreational ☐ Competitive

☐ Run ☐ Walk ☐ Swim ☐ Bike

☐ 1K ☐ 5K ☐ 13.1 Half Marathon

I hereby release DFMWR and the United States Government from any liabilities or claims arising from my own participation during this event. I agree that I, my heirs or assigns, will never prosecute or in any way aid in prosecution and demand, claim, property that may occur from any cause whatever as a result of taking part in this activity.

Date _____

Must fill out a registration form for each person participating

Name _____

Age _____

Gender _____

Phone _____

Email _____

T-shirt Size: S ___ M ___ L ___ XL ___ XXL ___ OTHER ___

Signature _____

REGISTRATION FORM

FORT HOOD FAMILY AND MWR CONNECTION



[Instagram.com/Fort_Hood_MWR](https://www.instagram.com/Fort_Hood_MWR)



[Facebook.com/FortHoodFMWR](https://www.facebook.com/FortHoodFMWR)



Hood Highlights eNewsletter,
marketing.fmwr@gmail.com



HoodMWR.com



Download on the
App Store

itunes.com/apps/forthoodmwrtime



Regular exercise or physical activity helps many of the body's systems function better, reduce the risk of heart disease, diabetes and a host of other diseases at bay. According to the Physical Activity Guidelines for Americans, being physically active on a regular basis:

- Improves your chances of living longer and healthier
- Helps protect you from developing heart disease and stroke or its precursors, high blood pressure and undesirable blood lipid patterns
- Helps protect you from developing certain cancers, including colon and breast cancer, and possibly lung and endometrial (uterine lining) cancer
- Helps prevent type 2 diabetes (what was once called adult-onset diabetes) and metabolic syndrome (a constellation of risk factors that increases the chances of developing heart disease and diabetes; read more about simple steps to prevent diabetes)
- Helps prevent the insidious loss of bone known as osteoporosis
- Reduces the risk of falling and improves cognitive function among older adults
- Relieves symptoms of depression and anxiety and improves mood
- Prevents weight gain, promotes weight loss (when combined with a lower-calorie diet), and helps keep weight off after weight loss
- Improves heart-lung and muscle fitness
- Improves sleep

For more information, please call the Fitness Office (254)285-5459

PHYSICAL FITNESS CENTERS

Multi-purpose strength training facilities that support self-directed exercise.

Abrams Physical Fitness Center-62nd Street & Support Avenue, Bldg 23001

Phone: (254) 287- 2016

Monday – Friday 5 am - 9 pm • Saturday and Sunday 8 am – 7 pm

Training Holidays 8 am - 7 pm • Open on Holidays with the exception of 4th of July, Thanksgiving, Christmas, and New Year's

Nautilus equipment, hammer strength equipments, treadmills, ellipticals, steppers, stationary bikes, free weights, cable crossover machines, indoor basketball court, indoor track, racquetball courts, climbing wall, volleyball, wheelchair basketball, zumba, PPPT, locker rooms, male sauna, female sauna and Spin Classes

Burba Physical Fitness Center-19th & Old Ironsides Bldg 9301 (254) 287-8298

Monday – Friday 5 am - 9 pm • Saturday and Sunday 8 am – 5 pm •

Training Holidays 8 am - 7 pm • Closed All Holidays

Nautilus equipment, hammer strength equipment, treadmills, ellipticals, steppers, stationary bikes, spin bikes, free weights, cable crossover machines, outdoor basketball court, racquetball courts, locker rooms, male sauna, female sauna

West Fort Hood Physical Fitness Center-Clarke Rd, Bldg 90007 (254) 553-2010

Mon-Fri 5 am - 9 pm • Sat and Sun 8 am - 5 pm • Training Holidays 8 am - 7 pm •

Closed All Holidays

Nautilus equipment, hammer strength equipments, treadmills, ellipticals, steppers, stationary bikes, free weights, cable crossover machines, indoor basketball court, indoor track, racquetball courts, climbing wall, volleyball, wheelchair basketball, zumba, PPPT, locker rooms, male sauna, female sauna

Grey Wolf Physical Fitness Center-58th & Old Ironsides, Bldg 24006 (254) 287-0194

Mon-Fri 5 am - 9 pm • Saturday and Sunday 8 am – 5 pm • Training Holidays 8 am - 7 pm,

Closed All Holidays

Racquetball courts, nautilus equipment, hammer strength equipment, treadmills, ellipticals, steppers, stationary bikes, free weights, cable crossover machines, locker rooms, male sauna, female sauna