

# 2011 Fitness and Sports Program/Event Calendar

## January

Friday, 7 January: Interval Training @ HAWC and WarFit Track  
Friday, 14 January: Intramural Running/Walking Program begins (ends: 2 December)\**one week late to accommodate return from holidays - will meet the 1<sup>st</sup> Friday beginning in February*  
Saturday, 15 January: Holiday Meltdown Ends  
Friday, 21 January: 5k/2 Mile Walk  
Friday, 28 January: Basketball 3-On-3 Tournament  
Monday, 31, January: Biggest Loser Competition (ends: 30, April 2011)

## February

Friday, 4 February: Intramural Running/Walking Program  
Monday, 7 February: Shark Attack Swim Challenge (ends 18 March)  
Friday, 11 February: Duathlon Day  
Tuesday, 15, February: Quarterly PTL meeting  
Wednesday, 16 February: Fitness & Sports Advisory Council Meeting  
Friday, 18 February: 5k/2 Mile Walk  
Saturday, 26 February: One Pitch Softball Tournament – POSTPONED TBA

## March

Friday, 04 March: Intramural Running/Walking Program  
Friday, 11 March: Track Events at CCAFS Track – POSTPONED UNTIL 29 APRIL  
Friday, 18 March: 5k Run/2 Mile Walk

## April

Friday, 1 April: Intramural Running/Walking Program  
Monday, 04 April: Cardio Challenge begins (ends: 26 May)  
Friday, 15 April: 5k Run/2 Mile Walk  
Friday, 22 April: Great Base Race—POSTPONED, TBD  
Friday, 29 April: Track Events at CCAFS Track

## May

Friday, 6 May: Intramural Running/Walking Program  
Friday, 13 May: Beat the Heat 3-On-3 Basketball Tournament – POSTPONED UNTIL 3 JUNE  
Tuesday, 17 May: Quarterly PTL meeting  
Wednesday, 18 May: Fitness & Sports Advisory Council Meeting  
Friday, 20 May: 5k Run/2 Mile Walk  
Saturday, 21 May: Family Triathlon

## June

Wednesday, 01 June: Intramural Running/Walking Program  
Friday, 03 June: 3-on-3 basketball – POSTPONED, TBD  
Monday, 06 June: Kick-off to Super Fit Family (ends: 29 July)  
Monday, 06 June: Super Summer Shape UP (ends: 29 July)  
Friday, 10 June: BDU Swim Event  
Friday, 24 June: 5k Run/2 Mile Walk  
Intramural Softball Begins (Tues & Thurs 1730; 1830; 1930 – ends in June)

## July

Wednesday, 06 July: Intramural Running/Walking Program

Friday, 15 July: 5k Run/2 Mile Walk

Friday, 22 July: Banana River Swim & Kayak Race

## August

Friday, 12 August: Volleyball Tournament

Tuesday, 16 August: Quarterly PTL meeting

Wednesday, 17 August: Fitness & Sports Advisory Council Meeting

Friday, 19 August: 5k Run/2 Mile Walk

## September

Friday, 09 September: Peddle, Paddle, Pant

Friday, 16 September: 5k Run/2 Mile Walk

## October

Monday, 03 – 07 October: Sports Week

Friday, 21 October: 5k Run/2 Mile Walk

## November

Friday, 04 November: Wingman Obstacle Course

Monday, 14 November: Holiday Meltdown Challenge (ends: 03 January)

Tuesday, 15 November: Quarterly PTL meeting

Wednesday, 16 November: Fitness & Sports Advisory Council Meeting

Friday, 18 November: Turkey Trot and GASO

## December

Friday, 09 December: Kayak/Blindfold Run/Kayak

Friday, 16 December: 5k/2 Mile Walk

## Special Events

- Squadron 5k/2 Mile Walk/Turkey Trot ✨
- Banana River Swim & Kayak Race ✨
- Wing Sports Week ✨
- Youth Triathlon /Adult Triathlon
- Family Aquatic Fitness Program
- Fitness Program
- Duathlon (CCAFS-Run/Bike; PAFB-Swim/Run)
- 10k Run Challenge ✨
- Pedal, Paddle, Pant Contest ✨
- BDU Swim Race ✨
- 10 Mile Bike Time Trial ✨
- Outdoor Fitness Challenge ✨
- Push Up Competition ✨
- Pull Up Competition ✨
- Bench Press Competition ✨
- Wingman Obstacle Course ✨

✨ Denotes Commanders Cup Event

## Incentive Programs

- Body Mass Index (BMI) Program
- Family Fitness Improvement Program
- Cardio Challenge
- Shark Attack Swim Challenge
- Running Program
- May Fitness Month Program
- Holiday Fitness Challenge
- National Walking Challenge

## Health and Wellness Center (HAWC)

- Lunch, learn, and Move
- Fitness & Sports Performance Nutrition
- Core Conditioning
- Healthy cooking (Fruits/Veggies)
- Great American Smokeout
- Preventing Holiday Weight Gain & Healthy Cooking



# 2012 Fitness and Sports Program/Event Calendar

## January

Intramural Sports Basketball  
PAFB Trim the Tape Competition (ends in April)  
Friday, 06 January: Polar Bear Swim (Banana River)  
Friday, 20 January: 5k/2 Mile Walk  
Friday, 04 January 2013: Holiday Meltdown Ends

## February

Monday, 6 February: Shark Attack Swim Challenge (ends 16 March/6 week program)  
Friday, 10 February: Duathlon Day (individual competition)  
Tuesday, 21 February: Quarterly PTL meeting  
Wednesday, 22 February: Fitness & Sports Advisory Council Meeting  
Friday, 17 February: 5k/2 Mile Walk  
Sports Banquet

## March

Friday, 02 March: Banana River Kayak Race (build your own kayak)  
Friday, 16 March: 5k Run/2 Mile Walk  
Friday, 23 March: Single Pitch Softball Tournament

## April

Intramural Sports Softball  
Monday, 2 April: Cardio Challenge (ends 11 May/6 week program)  
Friday, 06 April: Team Endurance Race  
Friday, 20 April: 5k Run/2 Mile Walk

## May

Fitness Month  
Friday, 11 May: Women's Ultimate Fitness Challenge  
Tuesday, 15 May: Quarterly PTL meeting  
Wednesday, 16 May: Fitness & Sports Advisory Council Meeting  
Friday, 18 May: 5k Run/2 Mile Walk  
Saturday, 19 May: Armed Forces Kids Day Family Duathlon

## June

Saturday, 02 June: Family Swim-a-Thon (PAFB Lap Pool)  
Monday, 04 June: Kick-off to Super Fit Family (ends 28 July/8 week program)  
Friday, 15 June: 5k Run/2 Mile Walk  
Friday, 22 June: Volley Ball Tournament

## July

Intramural Sports Volleyball  
Friday, 06 July: Banana River Swim & Kayak Race  
Friday, 20 July: 5k Run/2 Mile Walk

## **August**

Tuesday, 21 August: Quarterly PTL meeting

Wednesday, 22 August: Fitness & Sports Advisory Council Meeting

Friday, 3 August: Ultimate Frisbee Tournament

Friday, 17 August: 5k Run/2 Mile Walk

## **September**

Friday, 07 September: Peddle, Paddle, Pant

Friday, 21 September: 5k Run/2 Mile Walk

Friday, 28 September: Flag Football Tournament

## **October**

Intramural Sports Flag Football

Monday, 01 – 05 October: Sports Week

Friday, 19 October: 5k Run/2 Mile Walk

## **November**

Friday, 09 November: Veterans Day 10 mile run

Monday, 12 November: Holiday Meltdown Challenge (ends 4 January/8 week program)

Tuesday, 20 November: Quarterly PTL meeting

Wednesday, 21 November: Fitness & Sports Advisory Council Meeting

Friday, 16 November: Turkey Trot and GASO

## **December**

Friday, 07 December: Strongest Airman Competition

Friday, 21 December: 5k/2 Mile Walk



## Special Event

- *Polar Bear Swim* ✨
- *Duathlon Day* ✨
- *Banana River Kayak Race* ✨
- *Team Endurance Race* ✨
- *Banana River Swim & Kayak Race* ✨
- *Pedal, Paddle, Pant Contest* ✨
- *Wing Sports Week* ✨
- *10 mile Run Challenge* ✨
- *Squadron 5k/2 Mile Walk/Turkey Trot* ✨
- *Strongest Airmen Competition* ✨
- *Single Pitch Softball Tournament*
- *Volleyball Tournament*
- *Ultimate Frisbee Tournament*
- *Flag Football Tournament*



Denotes Commanders Cup Event

## Incentive Programs

- *Shark Attack Swim Challenge*
- *Cardio Challenge*
- *Family Swim-a-Thon*
- *May Fitness Month*
- *Holiday Meltdown*

## Joint Programs

- PTL Course w/HAWC
- PTL Refresher Course w/HAWC
- Educational Classes w/HAWC

## Exclusive Programs

- FAC Clinic (Special Service for AD)
- AD Class Schedule