

FREE | ACTIVE DUTY
\$20 | EVERYONE ELSE



PAX RIVER'S

FITTEST

MAN & WOMAN

MAY 13 - 14
DRILL HALL

47382 Keane Rd, Bldg. 458
Patuxent River, MD 20670

301-757-3943

Register in-person or call by May 11.



- 5000m Row
- Farmers Carry w/ Deadlift
- Hand Release Push Ups
- Sled Push
- Chest D-Ball Throw
- D-Ball/Bucket Carry

Awards for top 3 individuals:
Male, Female

Trophy for Pax River's fittest Command:
Command teams must all be Active Duty and
consist of 5 members with at least 1 female

Members can compete in both individual and
Command divisions.



VISIT NAVYMWXPAXRIVER.COM
OPEN TO ALL BASE PERSONNEL.

**STAY
CONNECTED**



NAS PATUXENT RIVER