

NORFOLK NAVAL SHIPYARD • FITNESS

FREE!

CHALLENGE  
YOURSELF!

RUN THE  
BRIDGE!



- Club leaves Callaghan Fitness Center, bldg. 310, [BY REQUEST] at 7 a.m. every Friday, runs up and over the Jordan Bridge and ends back at Callaghan.
- From the beginner to the advanced runner, challenge yourself, depending on your level, to run faster, further, or even walk the length of the bridge.

T-shirt awarded  
to anyone who  
conquers the  
complete length  
of the bridge  
20 times!

CALL FOR MORE INFORMATION.

# LOG SHEET



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DATE	DISTANCE	TOTAL MILES

NAME \_\_\_\_\_  
COMMAND \_\_\_\_\_  
PHONE \_\_\_\_\_  
EMAIL \_\_\_\_\_