



CAPTAINS CUP EVENTS FOR AUGUST 2010

UPCOMING CAPTAINS CUP EVENTS

Captains Cup 5 K Run: August 7

Coast Guard Day, last captains cup event, 5 K Run
Registration is August 7th, 8:30-9:00am at Jewel Beach Gazebo
Race begins at 9:00am
Race begins at Jewel Beach Gazebo and continues around
Nymen's Peninsula and back to Jewel Beach Gazebo

SECIAL EVENT

*****Kodiak Emerald Isle Eco-Challenge "Race Against The Rock": August 21**

Information packets will be available for pickup at the Base Gym, Gear Issue Desk.

Deadline for Team Registration is August 2nd

Packs can be picked up at the gym, gear issue front desk

This is a one day event, Cost is \$150.00 plus a membership fee of \$8.00 each person

Co-Ed Teams of 4 (1-3 gender ratio, 2-2 gender ratio)

Disciplines are: Land Navigation, Distance Trekking, Long distance biking,

Ocean/or River Rafting and Foot Racing

The Eco-Challenge is for the hard core "in shape" competitor.

This year's eco challenge will be approximately 6-12 hours long.

*Environmental Service Project for all Eco Challenge teams August 14

EXTRA EVENTS

Lunch Time Basketball/Volleyball (Base Gym)

Every Weekday: 11:30am to 1:00pm (Reserved for ID card holders, on lunch break)

*For more information, or to register for any of the above events, please contact Rachael Dyer, Athletic Director
487-5549, emailRachael.L.Dyer@uscg.mil, or drop by the gear issue front desk.*

