**MWR Races series 2022-23**

1. Fort Sill Family Fun Day Run/Walk – Saturday, May 14th - 3 Mile Track starts at 10am. (1 Mile Walk/Run, or 5K walk/Run) $50 for a Family of 4, they get 4 Bibs, 4 water bottles & 4 Medals. Any additional family members is $10 per person.
2. Fort Sill Body vs. Earth Triathlon – Saturday, June 11th @ 7am kick off at Letra $65 includes a medal, shirt, water bottle and Bib (Sprint Triathlon—500 meter swim / 18mile bike ride/ 5k (3.1 mi) run.
3. Fort Sill Dog Days of Summer Run/Walk – Saturday, July 23rd - (3 Mile Track starts at 9am. (1 Mile Walk/Run, or 5K walk/Run) $25 for per person and dog, they get a Medals, Bib, & collapsible dog bowl.
4. Fort Sill Alien 8K – Saturday, August 20th @ Letra – starts at 6pm. $25 includes medal, shirt and Bib ( Part of the 5 medal race series)
5. Fort Sill Remembrance 5K – Sunday, September 11th – 3 Mile Track (Free to run, $25 if you want a medal, shirt and Bib) – time 9am
6. Tour De Sill Cycling – Saturday, September 24th kicks off at 6am from LETRA - $50 includes medal, shirt, water bottle and Bib – 43K, 59K, 77K
7. Fort Sill Zombie 5K – Saturday, October 22nd – kicks off at 6pm from Patriots Club and runs thru Songbird trail - $25 includes a medal, shirt and Bib ( Part of the 5 medal race series)
8. Fort Sill Run for the Fallen 5K/10K – Saturday, November 5th – 3 Mile Track – time 9:30a – (free to run) - $25 includes medal, shirt and Bib
9. Fort Sill Reindeer 5K/10K – Saturday, December 3rd @ 3 Mile Track - starts 9am - $25 includes a medal, shirt and Bib ( Part of the 5 medal race series)
10. Fort Sill Polar Bear 5K & Plunge – Saturday, January 21st 2023 @ LETRA – starts at 9am - $25 – includes, Medal, Bib & Shirt (top 3 finishers will receive an additional medal) ( Part of the 5 medal race series)
11. Fort Sill Buffalo Soldier 5K – Saturday, February 18th 2023 @ 3 Mile Track – starts at 10am (Free to run) option to pre-register for $35 to receive a Bib, Shirt & Medal (top 3 finishers will receive an additional medal)
12. Fort Sill Shamrock 5K – Saturday, March 18th 2023 @ Patriot Club – starts at 10am - $25 to receive a Bib, Shirt & Medal (top 3 finishers will receive an additional medal) ( Part of the 5 medal race series)
13. Fort Sill Family Fun Day Run/Walk – Saturday, April 1st 2023 @ 3 Mile Track starts at 10am. (1 Mile Walk/Run, or 5K walk/Run) $50 for a Family of 4, they get 4 Bibs, 4 water bottles & 4 Medals. Any additional family members is $10 per person.
14. Fort Sill Run for the Fallen 5K/10K – Saturday, May 13th 2023 – 3 Mile Track – time 9:30a – (Free to run) option to pre-register for $25 to receive a Bib, Shirt & Medal (top 3 finishers will receive an additional medal from the 10k)
15. Fort Sill Body vs. Earth Triathlon – Saturday, June 10th 2023 @ 7am kick off at Letra $65 includes a medal, shirt, water bottle and Bib (Sprint Triathlon—500 meter swim / 18mile bike ride/ 5K (3.1 mi) run. (top 3 finishers will receive an additional medal)
16. Fort Sill Dog Days of Summer Run/Walk – Saturday, July 22nd 2023 - (3 Mile Track starts at 9am. (1 Mile Walk/Run, or 5K walk/Run) $35 for per person and dog, they get a Medals, Bib, & collapsible dog bowl.
17. Fort Sill Alien 5K – Saturday, August 19th 2023 @ Letra – starts at 6pm. $25 includes medal, shirt and Bib ( Part of the 5 medal race series)
18. Fort Sill Remembrance 5K – Saturday, September 9th 2023 – starts at 9am – 3 Mile Track (Free to run) option to pre-register for $25 to receive a Bib, Shirt & Medal (top 3 finishers will receive an additional medal)
19. Tour De Sill Cycling – Saturday, September 23rd 2023 - kicks off at 6am from LETRA - $50 includes medal, shirt, water bottle and Bib – 43K, 59K, 77K
20. Fort Sill Zombie 5k – Saturday, October 21st 2023 – kicks off at 6pm from Patriots Club and runs thru Songbird trail - $25 includes a medal, shirt and Bib (top 3 finishers will receive an additional medal) ( Part of the 5 medal race series)
21. Fort Sill Turkey Trot 5K – Saturday, November 4th 2023 @ 3 Mile Track – starts at 9am $25 includes a medal, shirt and Bib
22. Fort Sill Reindeer 5K/10K – Saturday, December 2nd 2023 @ 3 Mile Track – starts at 9am  $25 includes a medal, shirt and Bib ( Part of the 5 medal race series)