



**VIRTUAL**

**CYCLE TO REMEMBER**

 *Paying tribute to the fallen and honoring the families left behind.*

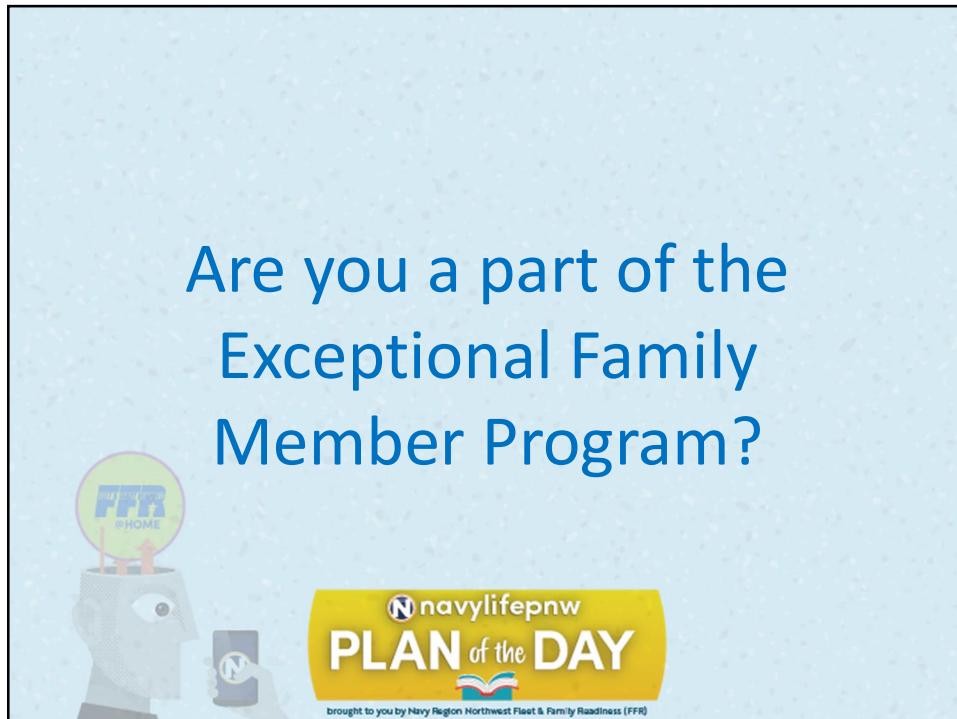


Just three simple steps to register.



 

**PLAN of the DAY**

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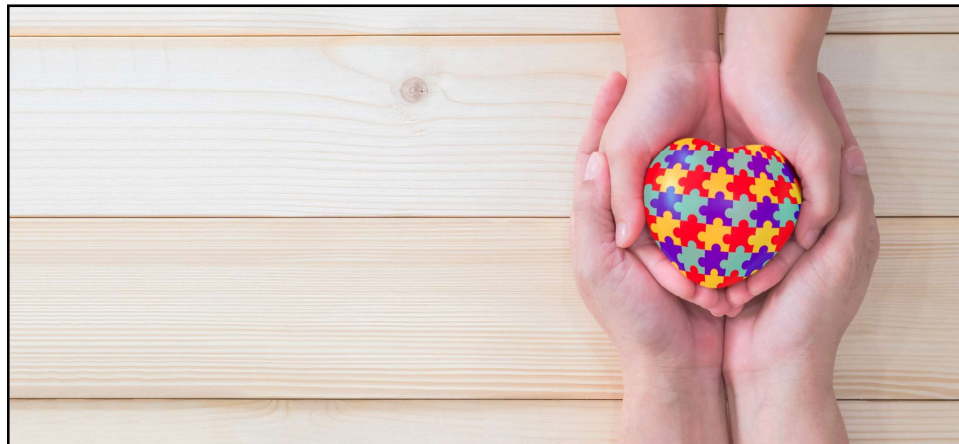


Are you a part of the  
Exceptional Family  
Member Program?


 

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Take the Navy's survey.



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**GET OUT AND GET MOVING!**  
**NBK SPOUSE CHALLENGE**  
**VIRTUAL RUN/WALK**

Earn Captain's Cup points  
for your command.



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videos in the COMMENTS  
of the Facebook post.

