

NAVY REGION NORTHWEST  
SPORTS, FITNESS & AQUATICS



**VIRTUAL  
Shamrockin'  
Shuffle 5k 2021**

It's your race! Anywhere, Anytime!

**MARCH 1-31**

**IT'S AS EASY AS 1-2-3!**

- 1** Register through myFFR #600001, track your time and take a picture at your "finish line."
- 2** Post your pic on your installation Facebook page (@WhidbeyFFR, @KitsapFFR or @EverettFFR) along with #Navylifepnw
- 3** Collect your prize at your Fitness Center.



navylifepnw.com



Thank you to our sponsor

**GEICO.**  
MILITARY

No Federal or Navy endorsement implied.