

# 2011-2012 Risner Fitness & Sports Special Events/Activities Calendar

Revised as of 10 Jan 2012

For more information on Events/Activities, please call 634-5128

## January 2012

### Resolution 5K

Where: Risner Fitness Center

When: 7 Jan 12 @ 0700

Registration: Begins @ 0615

### 3-on-3 Basketball Tourney

Where: Risner Fitness Center

When: 13 Jan 12 @ 1830

Registration: 13 Jan 12 @ 1800

## February 2012

### Dodgeball Tournament

Where: Risner Fitness Center

When: 10 Feb 12 @ 1830

Registration: 10 Feb 12 @ 1800

### Be My Valentine 5K Run

Where: Risner Fitness Center

When: 11 Feb 12 @ 0700

Registration: Begins @ 0615

### Okinawa Marathon

Date: 19 Feb

Marathon Starts: 0900

10K Race Starts: 0930

Registration at the Risner Fitness Center begins 1 Nov thru 16 Dec – **REGISTRATION CLOSED**

(Applications available at the Front Desk)

\*Note: Registration end date subject to change once Okinawa City determines max # of participants

**Must be 16 years of age or older**

**Payment in YEN ONLY**

**Fees apply; payments are non-refundable:**

**Full Marathon: 18 yrs or older - 4,500 yen**

**Full Marathon: 65 yrs or older - 3,500 yen**

**Full Marathon: High School students - 3,500 yen**

**10K Road Race: 18 yrs or older - 2,700 yen**

**10K Road Race: High School students - 1,200 yen**

For more information, please visit: [www.okinawa-marathon.com/eng](http://www.okinawa-marathon.com/eng)

## March 2012

### Kickball Tournament

Where: Risner Fitness Center

When: 9 Mar 12 @ 1830

Registration: 9 Mar 12 @ 1800

### Pot of Gold 5K Run

Where: Risner Fitness Center

When: 17 Mar 12 @ 0700

Registration: Begins @ 0615

### Aerobathon

Where: Risner Fitness Center

When: 24 Mar 12 @ 0800-1200

## **April 2012**

### **Ping Pong Tournament**

**Where: Risner Fitness Center**

**When: 13 Apr 12 @ 1830**

**Registration: 13 Apr 12 @ 1800**

### **Hoppin' Easter 5K Run**

**Where: Risner Fitness Center**

**When: 21 Apr 12 @ 0700**

**Registration: Begins @ 0615**

### **Bench Press Power Lifting Competition**

**Where: Risner Fitness Center**

**When: 28 Apr 12 @ 1000**

**Registration/Weigh-in: 28 Apr 12 @ 0830**

## **May 2012**

### **Volleyball Tournament**

**Where: Risner Fitness Center**

**When: 11 May 12 @ 1830**

**Registration: 11 May 12 @ 1800**

### **Spinathon**

**Where: Risner Fitness Center**

**When: 12 May 12 @ 0800-1200**

### **Zumba Fest**

**Where: Risner Fitness Center**

**When: 19 May 12 @ 0800**

**No Registration Required**

### **Tug-o-War Competition**

**Where: Risner Fitness Center**

**When: 19 May 12 @ 1000**

### **Mom's on the Run 5K Run**

**Where: Risner Fitness Center**

**When: 26 May 12 @ 0700**

**Registration: Begins @ 0615**

## **June 2012**

### **Homerun Derby**

**Where: Four Diamonds Softball Complex**

**When: 8 Jun 12 @ 1830**

**Registration: 8 Jun 12 @ 1800**

### **Dead Lift Power Lifting Competition**

**Where: Risner Fitness Center**

**When: 16 Jun 12 @ 1000**

**Registration/Weigh-in: 16 Jun 12 @ 0830**

### **Mom's on the Run 5K Run**

**Where: Risner Fitness Center**

**When: 23 Jun 12 @ 0630**

**Registration: Begins @ 0545**

## **July 2012**

**Red, White & Blue 5K Run**

**Where: Risner Fitness Center**

**When: 23 Jun 12 @ 0630**

**Registration: Begins @ 0545**

**Racquetball Shootout**

**Where: Risner Fitness Center**

**When: 9 Dec 11 @ 1800**

**Registration: 9 Dec by 1730**

## **August 2012**

**Squat Power Lifting Competition**

**Where: Risner Fitness Center**

**When: 11 Aug 12 @ 1000**

**Registration/Weigh-in: 11 Aug 12 @ 0830**

## **September 2012**

**Labor Day Shuffle 5K**

**Where: Risner Fitness Center**

**When: 22 Sep 12 @ 0630**

**Registration: Begins @ 0545**

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## **Completed Events for 2011-2012**

### **October 2011**

**Spinathon**

**Where: Risner Fitness Center**

**When: 15 Oct 11 @ 0800-1200**

**Halloween Thriller 5K Fun Run**

**Where: Risner Fitness Center**

**When: 29 Oct 11 @ 0700**

**Registration: Begins @ 0615**

### **November 2011**

**Perimeter Road Run 13K (8 Mile Fun Run)**

**Where: Risner Fitness Center**

**When: 12 Nov 11 @ 0700**

**RACE-DAY CHECK-IN: 0600**

**PRE-REGISTRATION** begins on Mon, 3 Oct 11 thru Tue, 25 Oct 11

**LATE REGISTRATION** Tue, 25 Oct 11, T-shirt not guaranteed

**RACE-DAY REGISTRATION** begins at 0600, T-shirt not guaranteed

**PACKET PICK-UP:** 7-10 Nov, Risner Fitness Center Front Desk (Open 24-hrs)

*Please pick-up your race packet; includes: T-shirt & Bib #*

*Note: T-shirts will only be available in Adult Sizes (S, M, L, XL)*

**Strongman Triple Threat Challenge**

**Where: Risner Fitness Center**

**When: 26 Nov 11 @ 1000 / Weight-in @ 0800**

**Registration: Noon on 25 Nov 11**

## **December 2011**

### **Racquetball Shootout**

**Where: Risner Fitness Center**

**When: 9 Dec 11 @ 1800**

**Registration: 9 Dec by 1730**

### **Jingle Bell 5K Fun Run**

**Where: Risner Fitness Center**

**When: 17 Dec 11 @ 0700**

**Registration: Begins @ 0615**