



2019

# GLOW

## 5K Light

FUN RUN/WALK

**Friday, Oct. 4**

**6:30 p.m. start near Smokin at the Eagle VIP BBQ Lounge.**

*Course runs through Glen Eagle Golf Course*

*\* Strollers and leashed pets will not be allowed on this course.*

*\* Registrations will not be taken day of race.*

*Registration fee (\$12) includes race shirt and BBQ plate dinner!*

**Registration accepted at:**

**[www.navymwrmidssouth.com/register](http://www.navymwrmidssouth.com/register)**

**or stop by Joe Dugger Fitness Center | (901) 874-5497**

**5671 McCain St. (Bldg. S-499) Millington, TN**

***Families are welcome!***



**Try our mobile APP!**

