



2010 "COMBAT ATHLETE" CALENDAR OF EVENTS



January

- 5, 12, 19, & 26 January... (HAWC 1200-1245).....Lunch, Learn, and Move
- Tuesday, 5 January ... (HAWC 0730-0830).....Running Incentive Program
- Friday, 8 JanuarySquadron 5KRun/2 Mile Walk
- Thursday, 14 JanuaryBack to Basics Phase 1 Incentive Program Begins
- Friday, 15 January.....Push Up Competition
- Friday, 15 JanuaryFitness Program
- Mon, 25 January through Fri, 5 March.....Cardio Challenge Incentive Program
(Assessment after the run on the 5th and the 8th of March)

February

- 2, 9, 16, & 23 FebruaryLunch, Learn, and Move
- For Females;
Feb 4th, 18th at PAFB & Feb 11th, 25th Feb. at CCAFS.....Push-Up Clinic
- For Males;
Feb 9th, 23rd at PAFB & Feb 16th at CCAFS.....Push-Up Clinic
- Tuesday, 16 FebruaryRunning Incentive Program
- Friday, 19 FebruaryFitness Program
- Friday, 19 FebruaryDuathlon (CCAFS- Run/Bike; PAFB- Swim/Run)
- Wednesday, 24 February.....1/4ly PTL meeting 0730 & CCAFS & 1130 & 1500 at PAFB
- Friday, 26 FebruarySquadron 5KRun/2 Mile Walk

March

- Friday, 5 March & Mon, 8 MarchCardio Challenge Incentive Program Assessments
(Assessments are after the run on Fri the 5th and on Mon the 8th of March from 0730 to 1630)
- Friday, 5 March.....Squadron 5KRun/2 Mile Walk



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Monday, 8 March.....Running Incentive Program
 11 & 12 March... (HAWC 0800).....Fitness & Sports Performance Nutrition
 Monday, 15 March..... Back to Basics Phase 1 Incentive Program Ends
 Mon, 15 March through Fri, 23 AprilShark Attack Swim Challenge Incentive Program
 Friday, 19 MarchFitness Program
 Friday, 26 March.....Pedal, Paddle, Pant Contest

April

Friday, 9 AprilSquadron 5KRun/2 Mile Walk and 10K Run Challenge
 Monday, 12 AprilRunning Incentive Program
 Thursday, 15 AprilBack to Basics Phase 2 Incentive Award Program Begins
 Friday, 16 AprilFitness Program
 Date in April TBA.....Wing Sports Day Olympiad

May

Saturday, 01 May – 30 MayMay Fitness Month
 Friday, 7 MayHealth and Fitness Fair
 Friday, 7 May.....Squadron 5KRun/2 Mile Walk
 Monday, 10 May Running Incentive Program
 Saturday, 15 MayYouth Triathlon
 Friday, 21 MayAdult Triathlon
 Friday, 21 MayFitness Program
 Wednesday, 26 May.....1/4ly PTL meeting 0730 & CCAFS & 1130 & 1500 at PAFB



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June

- Friday, 4 JunSquadron 5KRun/2 Mile Walk
- Monday, 7 Jun.....Running Incentive Program
- Wed, 9 Jun through Fri, 10 Sep... Each Mon, Wed, & Fri.....Family Aquatic Fitness Program
- Thursday, 10 June (HAWC 1000).....Core Conditioning
- Monday, 14 June(HAWC 1000).....Core Conditioning

- Mon, 14 June through Fri, 23 JulFamily Fitness Improvement Program (FIP)
- Friday, 18 JuneFitness Program
- Friday, 18 JuneBDU Swim Race
- Thursday, 24 June..... Back to Basics Phase 2 Incentive Award Program Ends

July

- Friday, 9 July Squadron 5KRun/2 Mile Walk
- Monday, 12 July..... Running Incentive Program
- Thursday, 15 July Back to Basics Phase 3 Incentive Award Program Begins
- Friday, 16 JulyBanana River Swim & Kayak Race
- Friday, 16 JulyFitness Program

August

- Friday, 6 AugustSquadron 5KRun/2 Mile Walk
- Monday, 9 August Running Incentive Program
- Mon, 16 August through Fri, 20 AugustOut/Indoor Iron Man/Woman Competition
- Friday, 20 AugustFitness Program
- Wednesday, 25 August.....1/4ly PTL meeting 0730 & CCAFS & 1130 & 1500 at PAFB



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September

- Friday, 10 SeptemberSquadron 5KRun/2 Mile Walk
- Friday, 10 September (HAWC 1100).....Healthy Cooking (Fruits/Veggies)
- Monday, 13 SeptemberRunning Incentive Program
- Friday, 17 September.....Aqua Jog Competition
- Friday, 17 SeptemberFitness Program
- Friday, 24 September..... Back to Basics Phase 3 Incentive Award Program Ends

October

- Thursday, 7 October Back to Basics Phase 4 Incentive Award Program Begins
- Friday, 8 OctoberSquadron 5KRun/2 Mile Walk
- Tuesday, 12 October Running Incentive Program
- Friday, 15 October.....Wingman Obstacle Course
- Friday, 15 OctoberFitness Program

November

- Friday, 5 NovemberOutdoor Fitness Challenge (BIVOUC)
- Friday, 12 November.....10 Mile Bike Time Trial
- Begins Thursday, 18 NovemberHoliday Fitness Challenge Incentive Program
- Friday, 19 November (HAWC 1130).....Great American Smokeout
- Friday, 19 NovemberFitness Program
- Friday, 19 NovemberTurkey Trot 5K Run/2 Mile Walk
- Tuesday, 22 November Running Incentive Program



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December

- Wednesday, 1 December.....1/4ly PTL meeting 0730 & CCAFS & 1130 & 1500 at PAFB
- Friday, 10 DecemberRunning Incentive Program
- Thur, 16 December ... (HAWC 1100)....Preventing Holiday Weight Gain & Healthy Cooking
- Thur, 16 December Back to Basics Phase 4 Incentive Award Program Ends
- Friday, 17 December Squadron 5KRun/2 Mile Walk
- Friday, 17 December.....Running Incentive Program Ends
- Friday, 17 December”Who is the Fittest?” Competition
- Friday, 17 DecemberFitness Program



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Special Events

- Squadron 5KRun/2 Mile Walk / Turkey Trot ✦
- Banana River Swim & Kayak Race ✦
- Health and Fitness Fair
- Wing Sports Day Olympiad ✦
- Adult Triathlon
- Youth Triathlon
- Family Aquatic Fitness Program
- Fitness Program
- Duathlon (CCAFS- Run/Bike; PAFB- Swim/Run) ✦
- 10 K Run Challenge ✦
- Pedal, Paddle, Pant Contest ✦
- BDU Swim Race ✦
- Iron Man/Woman Competition ✦
- 10 Mile Bike Time Trial ✦
- "Who is the Fittest?" Competition ✦
- Outdoor Fitness Challenge ✦
- Push up Competition ✦
- Wingman Obstacle Course ✦

✦ Denotes Commanders Cup Event

Incentive Programs

- Back to Basics Phase 1-4
- Family Fitness Improvement Program
- Cardio Challenge
- Shark Attack Swim Challenge
- Running Program
- May Fitness Month Program
- Holiday Fitness Challenge
- National Walking Challenge

Health and Wellness Center (HAWC)

- Lunch, Learn, and Move
- Fitness & Sports Performance Nutrition
- Core Conditioning
- Healthy Cooking (Fruits/Veggies)
- Great American Smokeout
- Preventing Holiday Weight Gain & Healthy Cooking



If you have any comments or questions, please call the PAFB Fitness Center at 494-4947 or the CCAFS Fitness Center at 853-3966.