

**MWR fun**

**APRIL**

- Practice your swing with JBLM  
golf courses' golf pro! Call  
253-967-6522 for details.

## MAY

- 16** Armed Forces Day festivities at Cowan & Memorial stadiums at Lewis Main, 11 a.m.–6 p.m.

# JUNE

- 19**     **Movie in the Park at Holiday Park, McChord Field.**

## Coming up:

## July 4: Freedom Fest

## July 18: Freedom Run

## Sept. 19: Oktoberfest

- Visit our website at ***www.JBLMmwr.com*** for these and more specials and events. *Events are subject to change.* “Like” us on Facebook at ***fb.com/JBLMmwr*** for updates, deals and freebies.

**Notice: JBLM is following guidelines from state and national levels on containing COVID-19.**

**Services mentioned in this issue may be closed or curtailed after publication date. For current updates, visit <https://jblm.armymwr.com/promos/covid>.**



Visit us on Facebook at  
*fb.com/NisquallyMarkets*



**We can  
help make  
outdoor fun  
better**

**W**ant to get out of the house and have fun for not a lot of money? Here are a few ways to make a regular day into a great memory!

## Make any place a picnic

You don't have to go far to find a special picnic spot whenever you're at JBLM. Fantastic park-like picnic spots with picnic tables can be found all around JBLM, such as:

- On the trail to Summer Cove from Russell Landing at Lewis North.
- Freedom Park (Lewis Main).
- Shoreline Park at Lewis North.
- The off-leash dog park at McChord Field (on Outer Drive between 14th Street S.E. and Lincoln Boulevard).
- The big grassy area next to McChord Club where the track is located off Barnes Boulevard at McChord Field.
- Heritage Hill at McChord Field, along with the outdoor McChord Air Museum (follow Jackson Avenue to the end from the main gate).

## Rent your own gear for outdoor fun

Did you know that you can rent most of your supplies from the Outdoor Recreation program for a day? Before you buy anything, check into renting it first — especially if you only need gear or supplies for a special occasion or if you're trying out a new activity.

Planning a for picnic or family get-together? Rent tables, chairs, a pop-up

canopy, an ice chest, water jug, gas grill, game sets (volleyball, softball, football, soccer and horseshoes) and more!

Want to go out on American Lake for the day? Rent a motorboat, kayak, paddleboard, water ski set, canoe, peddle boat or even a jet ski.

If you want to try camping in the great Pacific Northwest, you can also rent most of your gear for as long as you're outdoors, from camper trailers to tents.

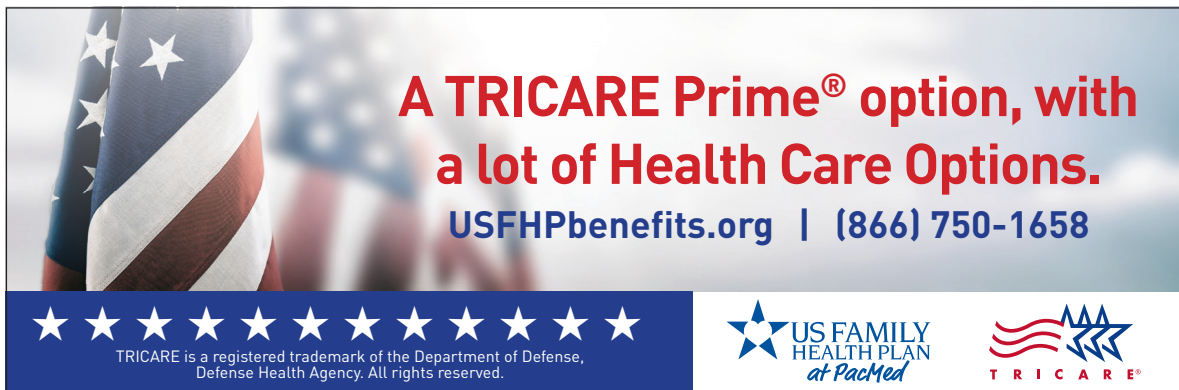
The Outdoor Recreation folks also can rent you supplies for fishing, crabbing, clamming and hunting seasons. (Ask about the best fishing spots at JBLM!)

## Try shooting at targets

For shooting fun, try out the ranges at JBLM!

- At the Shotgun Shooting Complex, you can rent a shotgun and practice shooting clay targets. The staff is happy to help you with tips and tricks.
- Perfect your marksmanship at the Rifle & Pistol Range (Range 15), a safe, relaxing outdoor spot near the East Gate.
- The Archery Range is open to long-bow, compound and traditional shooters and is adjacent to the Shotgun Shooting Complex. It offers four static archery lanes with 10-, 20-, 30- and 40-yard distances with aero-archery targets.

For more rental and range information, visit *JBLModr.com*.



## ARE YOU A MILITARY RETIREE & HAVEN'T JOINED OUR MAILING LIST YET?

It's FREE! Simply fill out this section and return it to: DFMWR Marketing; 2013-B N. 3rd St., Rm. 117; Box 339500 MS 20; Joint Base Lewis-McChord, WA 98433-9500.

Also, complete this section for any address changes.

- ☐
- Address Change
- ☐
- New to Mailing List

Name:

**Address:**





SPRING 2020

# Getting in shape for fun runs

**We have a few fun runs coming this summer and fall.** If you don't feel fit, start training now so you can join us later!

Find comfortable running shoes, wear synthetic socks to avoid blisters and choose clothes that wick away moisture. Plan 6–9 weeks from walking to running for a 5K. Interval training is best at helping you reach your running goal. Increase your stamina by alternating between walking, jogging and running bursts.

If you're a beginner, your first-week plan can look like this:

Day 1, take a brisk 5-minute walk, followed by a minute of jogging or running, then another minute of walking.

Day 2, practice strength training at a gym or at home with bands or weights.

Day 3, ramp up your brisk walk to 10

minutes followed by a minute of jogging or running, then 2 minutes of walking.

Day 4, do some light stretches or yoga.

Day 5, briskly walk for 20 minutes, jog or run for 1.5 minutes, then walk for 2 minutes.

Day 6 is rest day.

Day 7 is strength training or cardio.

Be sure to properly warm up and cool down. Increase your walking-jogging-running time each time you go out.

When you're running, vary your pace so your body can adapt to different speeds.

Drink 4–6 ounces of water every 20 minutes while you're running. Also eat a healthy balance of protein, fruits, vegetables and carbs.

For details on upcoming fun runs, visit [JBLMraces.com](http://JBLMraces.com). See you at the races!

*Tips are from Billy Womble, JBLM race coordinator*



DFMWR Marketing  
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# R & R Quarterly



Lewis-McChord MWR Information for the Active Retiree