

AuxFit - First District Southern Region
HEALTH & FITNESS INITIATIVE

Upcoming Events

RIDE TO RECOVERY CHALLENGE SERIES

The Honor Ride is a non-competitive cycling event that lets the public ride alongside our healing heroes. Rides vary from 10-100 miles and are designed for all skill levels. Injured veterans ride for free. Join us as we raise crucial, life-changing funds in support of our local Project HERO programs, which have proven results helping wounded, ill and healing veterans improve their physical and mental health.

New York, NY - Sign up - <https://ride2recovery.com/event.php?ID=878>

For more info or to join the team contact: Charlie Fitzpatrick at cgauxfitz@hotmail.com

TUNNEL TO TOWERS RUN & WALK

Join us in participating in the Tunnel 2 Towers Run or Walk event to help support the mission of the Foundation that honors the sacrifice of firefighter Stephen Siller who laid down his life to save others on 09/11/2001. This event also honors our military and first responders who continue to make the supreme sacrifice of life and limb for our country.

New York, NY - Sign up - <http://tunnel2towers.org/>

For more info or to join the team contact: Michael F Raffel at auxraf54@gmail.com

LIFETIME NOVO NORDSIK NJ HALF MARATHON

Become a part of the 20th annual Novo Nordisk New Jersey Marathon & Half Marathon for a weekend of fitness and fun for the whole family. The First Southern Athletics - Coast Guard Foundation Relay Team is running to raise funds for the Auxiliary Scholarship Fund.

Sunday - 05/01/2016 8:30 AM EDT | Oceanport, NJ - <http://www.thenewjerseymarathon.com/event-info/>

For more info or to join the team contact: John Bilas at john.bilas@cgauxnet.us

DC NATION'S TRIATHLON

The 11th Annual Events DC Nation's Triathlon to Benefit The Leukemia & Lymphoma Society will take place Sunday, September 11, 2016 in the nation's capital, Washington, DC. It features a course that winds through Washington, DC's monument corridor in the shadow of the nation's best known memorials and national treasures. The Olympic Distance triathlon, sanctioned by the USAT, includes a 1.5k swim in the Potomac River, 40k bike course through DC, and a 10k run through Washington, DC's historical landmarks with a spectacular

finish! The First Southern Athletics - Coast Guard Foundation Relay Team is running to raise funds for the Auxiliary Scholarship Fund.

Sunday - 09/11/2016 7 AM EDT | Washington, DC - <http://nationstri.com/event-info/event-overview/>

For more info or to join the team contact: John Bilas at john.bilas@cgauxnet.us

Past Events

VERMONT 5K/10K/HALF MARATHON

FSA Team Captain - John Bilas participated in our last race of the season. The *Be a Hero Run* was a great event. It was an opportunity to be a hero to the Coast Guard Foundation and UVM Medical Center.

Sunday - 11/01/2015 | Shelburne, VT - <http://www.racevermont.com/field-house-5k-10k-half-marathon/>

EVERSOURCE HARTFORD MARATHON

The First Southern Athletics - Coast Guard Foundation Relay Team participated in the Eversource Hartford Marathon. It was a great way to pay tribute to the Coast Guard Foundation and to celebrate the 225th Anniversary of the United States Coast Guard. Great job! FSA Team - John Bilas, Bridget Benjamin, Alison Botsord, and Yolanda Robinson

Saturday - 10/10/2015 7:00 AM EDT | Hartford, CT - http://www.hartfordmarathon.com/Events/Eversource_Hartford_Marathon.htm.

LIFETIME NYC TRIATHLON

Thank you to all the sponsors, volunteers and spectators who helped put on this great race. The Panasonic New York Triathlon was a great success. The First Southern Athletics - Coast Guard Foundation Relay Team participated in this event to raise funds for the Auxiliary Scholarship Fund. Congratulations, FSA Team - John Bilas, Bridget Benjamin, Steven White!

Sunday - 07/19/2015 5 AM EDT | New York, NY - <http://www.nyctri.com/>