



CNIC AFLOAT RECREATION AND FITNESS PROGRAM

FITNESS COMMAND WIDE / THEME EVENTS

- **These events are typically singular occurrences that focus on a central idea or concept. These events are larger in nature than directed and filler activities and designed to include at least ½ of the crew.**

Fitness Examples: Command fun run, wellness fair, golf outing, Captain's Cup - internal to the ship, etc.



FITNESS COMMAND WIDE / THEME EVENTS

SHAMROCK MARATHON SATELLITE RACE (8K, HALF AND FULL)

Flight deck races are one of the most popular command wide / theme events for fitness. They require extensive coordination with several departments. The following example is an underway race done in collaboration with a popular shore race held in the community. Below are just a few bullets to keep in mind when planning a race.

- Contact the shore company to verify they are open to the idea**
- Verify date and communicate with Departments involved**
 - Air**
 - Safety**
 - Medical**
 - Supply**
 - Weapons (elevator run needed?)**
 - Others?**
- Conduct safety evaluation**
- Any cost to MWR involved? If so, budgeted?**
- Marketing**
- Volunteers / staff**
- A/V**
- Water for the race**
- Supplies**

AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS GEORGE H W BUSH
Position Title: Fit Boss	Date: 03/17/2017
Event happened: <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: Shamrock Marathon Satellite Race (8k, 1/2 and Full)	
2. Location of Event: (Hanger Bay, Picnic Area) Flight Deck / Hangar Bay 1 Gym	
3. Date of Event: 03/17/2017	
4. Time of Event: 0600- 0945	
5. Number of Participants: 12 for 5k, 8 for 1/2, 5 for Full Marathon (officially, some sailors ran just to run)	
6. Equipment Needed: Water station, speaker, AUX cable, music, cones/ buckets for race course turns, volleyball table scoreboard for counting laps. treadmills in Aft Cardio Gym (12).	
7. Staffing Requirements: Fit Boss plus 3 MWR staff and 2 Medical Corpsman.	
8. Points of Contact: Fit Boss	
9. Marketing Process: email, Site TV ads, white boards on mess decks and flyers.	
10. Explain Event Execution: Contacted company responsible for hosting the annual Shamrock race about doing an event here on the ship, which had a scheduled no-fly day on the same date. After releasing a special link provided by the company to the sailors, they were able to register for a special "satellite race" here on the ship. The company then mailed the "swag bags" to the ship for distribution to the participants after the race. After working with the Handler, we were able to set up the race on the flight deck. Backup location was the Aft Cardio Gym treadmills, with the Full and 8k participants going first then the 1/2 participants after the 8k participants were done.	
11. Winners of Event: N/A.	
12. Prizes or Awards: Racers got official participant bags, which are identical to the swag bags they would have received at the race on the shore.	
13. Lessons Learned: SMO (Senior Medical Officer) had concerns about the distance of the 1/2 and Full being run in their entirety on the steel/non-skid flight deck and the sailors' physical health. I added in a safety brief with me and Medical, but allowed the sailors to perform the races either entirely on the flight deck, treadmill, or a combination of both. Majority of sailors ran their entire race on the flight deck, or at least until the race was closed due to a gun shoot and flight ops scheduled immediately after. Those still running at 0945 finished their race on the treadmills.	
14. Any Additional Information? : See photos.	



FITNESS COMMAND WIDE / THEME EVENTS

SHAMROCK MARATHON SATELLITE RACE (8K, HALF AND FULL)





FITNESS COMMAND WIDE / THEME EVENTS

FLIGHT DECK 5K

Flight deck 5K races are the most popular command wide / theme events for fitness. They require extensive coordination with several departments. From celebrating getting underway after a shipyard period to honoring our veterans, there are many themed 5k races being held across the fleet.

- 5K Theme Examples included**
 - Run to Remember**
 - First Flight Deck 5K**
 - Veterans Day**
 - Zombie Run**
 - Monster Dash**
- Verify date and communicate with Departments involved**
 - Air**
 - Safety**
 - Medical**
 - Supply**
 - Weapons (elevator run needed?)**
 - Others?**
- Conduct safety evaluation**
- Any cost to MWR involved? If so, budgeted?**
- Marketing**
- Volunteers / staff**
- A/V**
- Water for the race**
- Supplies**



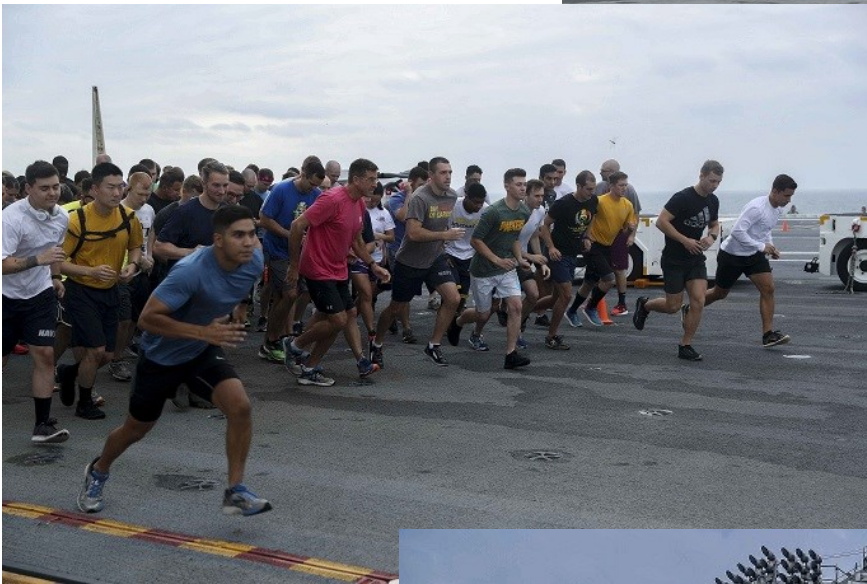
AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS ABRAHAM LINCOLN
Position Title: FUN BOSS	Date: 09/01/2017
Event happened: <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: 5K Run to Remember	
2. Location of Event: (Hanger Bay, Picnic Area) FD	
3. Date of Event: 09/01/2017	
4. Time of Event: 0900-1000	
5. Number of Participants: 250	
6. Equipment Needed: (2) tables, (2) speakers, music, cones (25+), (3) water jugs, cups, (2) trash bags, (250) t-shirt giveaways, (2) extension cords, (1) power strip, (1) amp, (1) microphone, medical equipment	
7. Staffing Requirements: Fun Boss, MWR Staff, Medical on standby	
8. Points of Contact: Fun Boss / MWR Chief	
9. Marketing Process: ABE Nation emails, MWR Monthly Calendar, Green Sheet, 1MC	
10. Explain Event Execution: Created t-shirt design 1 month out. Purchased and printed shirts 3 weeks in advance. Worked with Strike to get run on PB4T calendar 3 weeks out. Advertised run 2 weeks in advance. 2 days before run - arranged elevator run with Weapons to load equipment to FD. Day of run - brought equipment up on elevator run at 0830. Set up and executed event 0900-1000. Did not have sign ups; instead gave 250 shirts out to first 250 participants to cross the finish line.	
11. Winners of Event: N/A (Was a fun run w/o winners)	
12. Prizes or Awards: 250 t-shirt giveaways (Cost to MWR - \$8/shirt. Total: \$2000)	
13. Lessons Learned: Recommend having a pedometer to more accurately measure the course. We ran 11 laps which was fairly spot-on (excluding the arresting cable area, just running the exterior perimeter of the FD). Recommend giving a larger gap to set up. Need 45min-60min to set up event.	
14. Any Additional Information? :	



FITNESS COMMAND WIDE / THEME EVENTS

FLIGHT DECK 5K—RUN TO REMEMBER





AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS Theodore Roosevelt CVN 71
Position Title: Afloat Fitness Specialist	Date: 01/15/2017
Event happened: <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: Flight Deck 5K	
2. Location of Event: (Hanger Bay, Picnic Area) Flight Deck	
3. Date of Event: 01/15/2017	
4. Time of Event: 1015-1100	
5. Number of Participants: 92	
6. Equipment Needed: Meter reader, cones, table, water, cups, fruit, trash can, sound system, extension cord, sign-in sheets, pens, tape.	
7. Staffing Requirements: 2 for set up and tear down.	
8. Points of Contact: S-2 for water and cups, Strike Ops and Handler for Flight Deck Space/Time, Media for music and coverage. IC for sound system. Medical & Safety for coverage. Navigator for positioning of the ship.	
9. Marketing Process: Power Point slide on Site TV, Flyer outside of MWR Ticket office & Big Sip, all hands e-mails, word of mouth, and intranet announcement.	
10. Explain Event Execution: Handler moved aircraft around to give us a safe and easy track to follow. Cones were placed where we were allowed to run and then we walked the cones with the meter reader to determine how many laps participants would have to run to equal a 5k. Participants were briefed on winds, wet spots and safety measures and then we began. Everyone was finished by 0900.	
11. Winners of Event: Everyone.	
12. Prizes or Awards: Throwback Shirts for participants.	
13. Lessons Learned: Approval was given last minute, making advertising and pre sign-ups more challenging. S-2 likes a head count for water/orange support. Will encourage sign-ups. Arrangement of weapon elevator pre and post-event to get all equipment back down to 2nd deck much easier.	
14. Any Additional Information? : Handler approved toe shoes for Flight Deck Runs. Utilize CSAAD often. Warm-up assistance from CFL's ABH2 and ABH3. CSAAD Volunteers: AC2 & CS2.	



FITNESS COMMAND WIDE / THEME EVENTS

FLIGHT DECK 5K—FIRST FLIGHT DECK 5K OF THE YEAR

FLIGHT DECK
5K
FUN RUN
SUNDAY 15 JAN 2017

- REGISTRATION @ 0730
IN FRONT OF THE ISLAND
- START TIME @ 0800

**COME OUT AND HAVE
A GREAT TIME!**
HOSTED BY FITBOSS & MWR STAFF

EMAIL: f-dial





AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS JOHN C STENNIS
Position Title: Afloat Fitness Specialist	Date: 12/04/2017
Event happened: <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: Veteran's Day 5K	
2. Location of Event: (Hanger Bay, Picnic Area) Flight Deck	
3. Date of Event: 11 November 2017	
4. Time of Event: 1500	
5. Number of Participants: 276	
6. Equipment Needed: Speakers, Cones, Mic, Water cooler, cups, tables, Popsicle sticks, clipboards, stopwatch	
7. Staffing Requirements: Two personnel with stopwatches, two personnel handing out Popsicle sticks, four personnel for finisher table, three personnel for water, two shooters to start the race, one chaplain for prayer, one sailor anthem	
8. Points of Contact: Afloat Fitness Director	
9. Marketing Process: XO announced on 1MC, fliers were posted around the ship, flier posted on Sharepoint	
10. Explain Event Execution: We completed a Veteran's Day 5K to commemorate veterans. Event set up to place at 1400 on the day of the event. To begin, a chaplain candidate said a prayer for everyone and was followed by a world singer chaplain candidate to sing the National Anthem. We played a song popular to the Navy flight community and had two Shooters perform the send-off ritual to begin the race. Race participants received a numbered Popsicle stick once finished. The time keepers recorded each participant's lap time. Participants wrote down which number they finished on an alpha roster sheet to record all times. Race shirts were distributed the following day to the race participants.	
11. Winners of Event: [Names Removed]	
12. Prizes or Awards: 4 x \$100 Store Gift Card	
13. Lessons Learned: I need to order more M's and L's race shirts. I need to set up a pacer to visibly count laps.	
14. Any Additional Information? :	



FITNESS COMMAND WIDE / THEME EVENTS
FLIGHT DECK 5K—VETERANS DAY





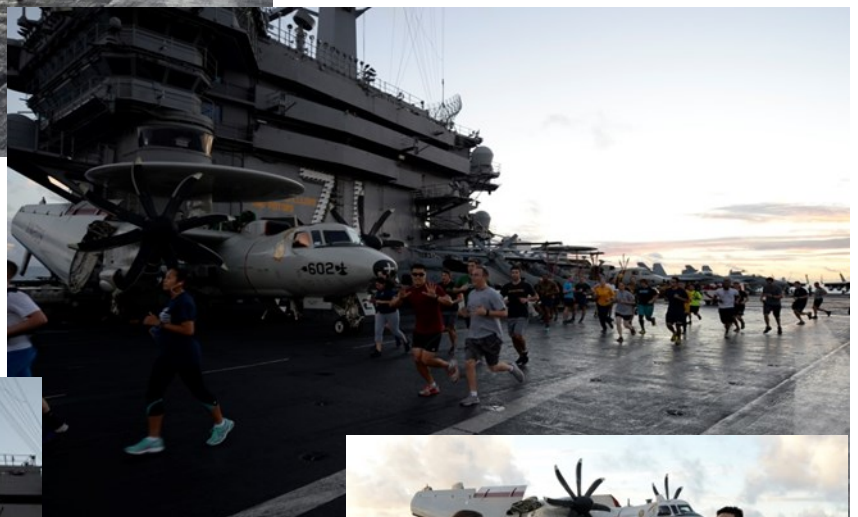
AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS Theodore Roosevelt CVN 71
Position Title: Afloat Fitness Specialist	Date: 11/15/2017
Event happened: <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: Zombie Run	
2. Location of Event: (Hanger Bay, Picnic Area) Flight Deck	
3. Date of Event: 11/15/2017	
4. Time of Event: 0630-0730	
5. Number of Participants: 252	
6. Equipment Needed: Table, 5 gallon water coolers (2), cups, trash bags, sound system, extension cord, microphone, volunteer muster sheets/participant sign-in sheets, pens, tape, salt water plug (E-DIV)	
7. Staffing Requirements: 3 (set-up/tear down), 1 - volunteer (water table)	
8. Points of Contact: Strike Ops (Handler/Gator) for Flight Deck Space/Time, Media -photos, E-Div - salt water plug, Medical & Safety for coverage, V1, set chocks for course/safety need to knows.	
9. Marketing Process: Power Point slide on Site TV, Flyer outside of MWR Ticket office & Big Sip, all hands e-mails, word of mouth, and intranet announcement.	
10. Explain Event Execution: A holiday fun run. Warm-up. Run 12 laps (course shorter due to Air Wing on board).	
11. Winners of Event: N/A	
12. Prizes or Awards: N/A	
13. Lessons Learned:	
14. Any Additional Information? : Outstanding event! This was our largest turnout yet!!!	



FITNESS COMMAND WIDE / THEME EVENTS

FLIGHT DECK 5K—ZOMBIE RUN





AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS ABRAHAM LINCOLN
Position Title: FUN BOSS	Date: 10/31/2017
Event happened: <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: 5K Monster Dash Fun Run	
2. Location of Event: (Hanger Bay, Picnic Area) FD	
3. Date of Event: 10/31/2017	
4. Time of Event: 0900-1000	
5. Number of Participants: 300	
6. Equipment Needed: (2) tables, (2) speakers, music, cones (25+), (3) water jugs, cups, (2) trash bags, (250) t-shirt giveaways, (2) extension cords, (1) power strip, (1) amp, (1) microphone, medical equipment	
7. Staffing Requirements: Fun Boss, MWR Staff, Medical on standby	
8. Points of Contact: Fun Boss / MWR Chief	
9. Marketing Process: ABE Nation emails, MWR Monthly Calendar, Green Sheet, 1MC	
10. Explain Event Execution: Created t-shirt design 1 month out. Purchased and printed shirts 3 weeks in advance. Worked with Strike to get run on PB4T calendar 3 weeks out. Advertised run 2 weeks in advance. 2 days before run - arranged elevator run with Weapons to load equipment to FD. Day of run - brought equipment up on elevator run at 0830. Set up and executed event 0900-1000. Did not have sign ups; instead gave 250 shirts out to first 250 participants to cross the finish line.	
11. Winners of Event: N/A (Was a fun run w/o winners)	
12. Prizes or Awards: 250 t-shirt giveaways (Cost to MWR - \$8/shirt. Total: \$2000)	
13. Lessons Learned: Recommend having a measuring wheel to measure the course. We ran 11 laps which was fairly spot-on (excluding the arresting cable area, just running the exterior perimeter of the FD). Need 45min-60min to set up event.	
14. Any Additional Information? :	



FITNESS COMMAND WIDE / THEME EVENTS
FLIGHT DECK 5K—MONSTER DASH





FITNESS COMMAND WIDE / THEME EVENTS CAPTAIN'S CUP

Captain's Cup competitions allow Departments/Divisions to compete against each other in several events to determine the victor. It promotes camaraderie within the command using friendly competition.

- Captain's Cup Sports ideas**
 - Dodgeball**
 - Softball**
 - Basketball**
 - Flag Football**
 - 3v3 Basketball**
 - DC Olympics**
- Verify date and communicate with Departments involved**
 - Air**
 - Safety**
 - Medical**
 - Supply**
 - Weapons (elevator run needed?)**
 - Others?**
- Conduct safety evaluation**
- Marketing**
- Volunteers / staff**
- A/V**
- Water for the race**
- Supplies**
- Point system**



AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS ABRAHAM LINCOLN
Position Title: FUN BOSS	Date: 07/01/1017
Event happened: <input type="checkbox"/> Underway <input checked="" type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: LINCOLN Captains Cup Dodgeball	
2. Location of Event: (Hanger Bay, Picnic Area) Q-80 Basketball Courts	
3. Date of Event: 07/01/2017	
4. Time of Event: 1400-1500	
5. Number of Participants: 60	
6. Equipment Needed: Dodgeballs, courts	
7. Staffing Requirements: MWR Staff	
8. Points of Contact: Fun Boss / MWR Chief	
9. Marketing Process: ABE Nation emails, MWR Monthly Calendar	
10. Explain Event Execution: Worked with Q-80 to reserve courts 1 month prior to game dates. Advertised sign ups for teams of 10 persons in advance to crew. Created tournament brackets to administer games every Thursday from 1400-1500 in the month of July. Tallied points to add for Captains Cup standings at the conclusion of month.	
11. Winners of Event: N/A	
12. Prizes or Awards: N/A	
13. Lessons Learned: Get the CoC to promote more heavily to get Departmental buy-in. Only had 6 departments participate total.	
14. Any Additional Information? :	