



Hit the trails this spring on foot or by bike

Please note: These events are all subject to change during the ongoing COVID-19 response. Please call the facility in advance to ensure the event is indeed happening as scheduled.

Memorial Day 10K Run

Go exploring on your favorite trails during a 10-kilometer run — and don't forget to record your time on your favorite app or smart device — anytime in the period of May 24-31. Post your time on the MWR Facebook page by 7 p.m. on May 31. Call civ (0611) 143-548-9830 for more information.

Poster Contest

The Wiesbaden Library (in cooperation with the garrison's Environmental Division) invites patrons to submit their entries in the Restore Our Earth Poster Contest in celebration of Global Earth Day. Posters can be drawings, photos or collages — and the contest is open to all ages. The top three winners will receive prizes and custom posters. The top 12 winning entries will be included in A Year 2022 "Restore Our Earth/Earth Day" calendar. Submit entries to the Wiesbaden Library by May 12, 2021. Call civ (0611) 143-548-9821 for details.

Memorial Day Murph

Athletes are invited to compete in the Memorial Day Murph on May 22. The event honors Navy Lt. Michael P. Murphy, a Navy SEAL who was killed on duty in Afghanistan and posthumously awarded the Medal of Honor — the first Navy sailor to earn the distinction since Vietnam. The Memorial Day Murph is a timed event including two one-mile runs, 100 pull-ups, 200 push-ups and 300 air squats. Cost is \$15 per person. Register at the Wiesbaden Sports and Fitness Center or call civ (0611) 143-548-9830.

AER Virtual 5K Fun Run

A Virtual 5K Army Emergency Relief Fun Run will be held May 7-15. All community members are invited to participate by choosing the time and location that



works best. After completing your run, post your distance, time and photo on the USAG Wiesbaden ACS Facebook page under the "AER Fun Run" post. Pick up a running bib at ACS starting May 7.

IMCOM-E Cycling Challenge

Wiesbaden Outdoor Recreation invites cyclists to join the self-paced 2021 IMCOM-Europe Cycling Challenge. Hit the trails on your favorite two-wheeler and keep track of the kilometers logged from May 1 to Aug. 31, 2021. Participants can attempt to reach 500, 1000 or 2000 kilometers to be eligible for corresponding prizes. The challenge is open to all authorized MWR patrons. Visit <https://wiesbaden.armymwr.com/happenings/imcom-europe-cycling-challenge> for registration details or call civ (0611) 143-548-9801.

Baby Boot Camp

Find support, network with fellow parents and get your questions answered during Baby Boot Camp classes with the New Parent Support Program. Classes are held on the first Tuesday of the month from 9 a.m. to noon and on the third Tuesday of the month from 5-8 p.m. Call civ (0611) 143-548-9211, -9218 or -9219 to sign up.

Bowling Specials

The Wiesbaden Entertainment Center hosts a Cinco de Mayo Red Pin Bowling Special on May 5. Every time you get a strike when a red pin is the head pin or five pin, you earn a free game of bowling. On Mother's Day, May 9, Mom gets to bowl for free. On

Armed Forces Day, May 15, the WEC will reduce the price of bowling by 50 percent. Call the WEC at civ (0611) 143-548-9406 to make reservations.

Friday Night Scrambles

Unwind after the work week with a little friendly competition at the Rheinblick Golf Course during

Friday Night Scrambles on May 7 and 21 starting at 6:30 p.m. Make your own four-person team for these nine-hole scramble tournaments. Call civ (0611) 143-548-5485.

Parent Support Group

Army Community Service's New Parent Support Program invites parents of infants up to age three months to join in a weekly Virtual Support Group Wednesdays from 10-11 a.m. Call ACS at civ (0611) 143-548-9201 for log-in information.

Four-Person Scramble

Compete in the Rheinblick Golf Course's Four-Person Scramble on May 15 starting at 9 a.m. Call civ (0611) 143-548-5485.

Licensed and Qualifying Shooting

Wiesbaden Outdoor Recreation hosts Licensed and Qualifying Shooting at the Wackernheim Range on May 15 from 10 a.m. to 3 p.m. Call civ (0611) 143-548-9801 for more information.

Wine and Cheese event

Learn more about the specialties of France during a virtual information tasting evening with Bijan's Wine Barrel Studio and Wiesbaden Outdoor Recreation. The evening will feature four different wines (whites and reds), cheeses and sausages. The cost of \$110 includes the four bottles of wine, two cheeses, sausages, a wooden wine crate and the professionally led tasting session. Call civ (0611) 143-548-9801 or visit Outdoor Recreation on Clay North to register.

