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 **The Real McCoy**
Fort McCoy, WI

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mccoy.armymwr.com

DOWN & DIRTY TRAIL RUN

FORT MCCOY, WI

Bring out the whole family to conquer the MUD & embrace the FUN in Fort McCoy's 10th annual 1.5 mile obstacle course race!

KIDS 5 AND UNDER RUN FOR FREE!

JUNE 8, 2024
9 AM - 2 PM | WHITETAIL RIDGE

SPONSORS
No endorsement implied

      

EARLY REGISTRATION ENDS JUNE 6
\$35 MILITARY & DOD | **\$40** GENERAL PUBLIC
Includes Food & Drink Package, T-Shirt & Race Medal! Register by May 24 to guarantee your shirt size!

SAME DAY REGISTRATION
\$40 MILITARY & DOD | **\$45** GENERAL PUBLIC
Includes Food & Drink Package, T-Shirt & Race Medal WHILE SUPPLIES LAST.

SAME DAY REGISTRATION BEGINS AT 9:00 AM & RACE HEATS BEGIN AT 10:00 AM

TO REGISTER, SCAN THE QR CODE OR CALL 608-388-3517



SCAN THE QR CODE TO REGISTER

 **U.S. ARMY**



249TH
U.S. ARMY BIRTHDAY
JUNE 14, 2024

0700
5K RUN / 2 MILE WALK
at RUMPEL FITNESS CENTER
Registration begins at 6:00 am.
First 200 race finishers receive a T-shirt.
Breakfast will be provided post run.

1100
CAKE CUTTING & LUNCH
at MCCOY'S COMMUNITY CENTER
Complimentary buffet lunch will be provided from 11:30 am - 1:00 pm on a first come, first served basis.

1130
LIVE ENTERTAINMENT
at MCCOY'S COMMUNITY CENTER
All events are free & open to the Fort McCoy Community

FOR ADDITIONAL INFORMATION CALL 608-388-5358



Build a Charcuterie Board

Learn how to create your very own Charcuterie Board from scratch, with 4 types of cheese, 3 types of meat, seasonal accompaniments & more!

June 18, 2024 | 5:30-7:30pm | Whitetail Ridge

\$50.00 per person | Includes your own board & all food items. Utensils will be provided. 25 participants max.



Sign up by going to bri_3b@outlook.com or call/text 608-387-3870



RUMPEL FITNESS CENTER FITNESS CLASSES

ALL CLASSES ARE FREE

TUESDAYS
BODY BLAST
3:30 - 4:00 PM

WEDNESDAYS
AQUA FIT
4:00 - 4:30 PM

THURSDAYS
SPIN
3:30 - 4:00 PM

@FortMcCoyMWR mccoy.armymwr.com



TOURNAMENT

MAY 23, 2024 | 4:00PM
RUMPEL FITNESS CENTER

608.388.2290

@FortMcCoyMWR



LOGGERS NIGHT OUT

Join Fort McCoy MWR on the Miller Lite Mezzanine for a great night of fun & food at the ballpark!

JUNE 21
6:35PM

LA CROSSE LOGGERS vs WATERLOO BUCKS

\$40 ADULT | **\$25** KIDS 12 & UNDER

Includes ticket, all you can eat food & water/soda, 3 alcoholic beverages per adult. Transportation is not provided.

FOR MORE INFO CALL **608-388-3011**



Army Community Service

Phone: 608-388-3505 | B 2111



connect the TOTS

Fort McCoy Playgroup

For Families with Children 0-4 Years Old

Our playgroup contains toys, books, and other materials to help strengthen each child's cognitive, physical, and creative selves, and to help promote social-emotional skill building. Through play, transitions, circle time and songs and activities, and informal conversations, parents learn about developmental ages and stages, gain tools to help understand their child's behavior and become empowered to prepare the family and child to enter school "ready to learn".

Spring is Here!

The spring activities will offer opportunities for children to bond with family and friends and learn important skills needed to help them grow and enhance learning. The spring schedule will include activities for St. Patrick's Day, Easter, Mother's Day and more!

Spring Schedule	Registration
MAR 5, 12 AND 19	To register, please call 608-388-2412 or email brittany_r.sonie.civ@army.mil
APR 2, 9 AND 30	Playgroups held from 10am - 12pm at the ACS Family Building (B2161)
MAY 7, 14 AND 21	

To report child abuse, call your Family Advocacy Program: 608-388-2412. After hours and weekends, call Child Protective Services: 608-269-8400 or 911.

www.mccoy.armymwr.com | 608-388-3505

CONNECT THE TOTS**June 4-18 | 10:00 am - 12:00 pm****ACS Family Building (B2161)**

Do you want to connect with other parents? If you are looking for something to do with your children ages 4 and younger, please join us. To register, [e-mail here](#) or call x2412.

NEWCOMERS ORIENTATION**June 12 | 8:00 am - 1:00 pm | McCoy's Community Center (B1571)**

Are you new to Fort McCoy? Come and learn what we have to offer. Breakfast is provided. Spouses are highly encouraged to attend. To register, [e-mail here](#) or call x6712.

MAJOR PURCHASES**June 18 | 9 am – 10 am | Army Community Service (B2111) or via Microsoft Teams**

Join Janeen Folgers, AFC Certified Financial Readiness Specialist, for a comprehensive seminar on how to anticipate and plan for making major purchases. Understand their impact on overall financial plans, goals, credit scores and lines of credit. Learn ways to recognize and avoid emotional spending. To register, [email here](#) or call x3540.

SOLDIER AND FAMILY READINESS GROUP (SFRG) TRAINING**June 18 | 1 pm – 3 pm | Army Community Service (B2111)**

All Command Teams, SFRG Liaisons and SFRG volunteers are encouraged to attend. Topics include defining and understanding mission essential activities as outlined in the regulation; understanding SFRG roles and responsibilities; recognizing non-mission essential activities, resources, and professional development opportunities; obtaining mandated certification, IAW Army regulations and policies. To register, [email here](#) or call x6507.

**Volunteers Needed!**

Whitetail Ridge is hosting the Down & Dirty Trail Run on June 8 and is looking for up volunteers to help support this event. If interested, please call Alex at 608-388-3517 or [email here](#).



Fort McCoy MWR Memorial Day Weekend

Hours of Operation

Army Community Service:	CLOSED May 27
Child & Youth Services:	CLOSED May 24-27
Headquarters Office:	CLOSED May 27
McCoy's Community Center:	11am - 1pm May 24 CLOSED May 25-27
Pine View Campground:	9am - 7pm May 24-26 9am - 5pm May 27
Rumpel Fitness Center:	CLOSED May 25-27 24/7 Access will be available
Ten Point Pub:	11am - 4pm May 25-26 CLOSED May 29



FAMILY TRIP TO THE MINNESOTA

CHILDREN'S MUSEUM & MALL OF AMERICA

The Children's Museum has three floors of fun! Families will have an opportunity to explore and play in a wonderland of interactive exhibits including The Four-Story Climber, Sensory Play Space for Babies and Toddlers, Ping Pong Ball Launchers and more!

TRIP SCHEDULE

7AM: Depart ACS (bldg 2111)
10AM: Arrive at Children's Museum
1PM: Depart Children's Museum
Lunch at Mall of America
4PM: Depart Mall of America
7PM: Arrive at ACS (bldg 2111)

JUNE 7, 2024

TO REGISTER, CALL ARMY COMMUNITY SERVICE AT

608.388.2412

OR EMAIL: brittany.r.sonie.civ@army.mil
Please register by June 3, 2024

PRICING

FREE: Military Families With a Military ID card
(Limit of 6 family members per ID card holder)

\$15: DoD Civilians
Fort McCoy Volunteers
Retirees
Veterans



For information on upcoming training opportunities through ACS please go to <http://mccoy.armymwr.com> and click on Calendar.



TEN POINT PUB

Need a ride from the
campground to the pub?
give us a call at

608-388-3517

we will be happy to provide shuttle transportation!

SUMMER HOURS

MEMORIAL DAY - LABOR DAY

SATURDAYS 11:00AM - 4:00PM

SELECT SUNDAYS
MAY 26 | JULY 7 | SEP 1
11:00AM - 4:00PM



608-388-4498 | mccoy.armymwr.com



@FortMcCoyMWR



MEMORIAL DAY WEEKEND HOURS OF OPERATION

RIFLE/PISTOL LANES
10:00AM - 2:00PM

TRAP

2:00PM - 4:00PM

IF THE TRAP LANES ARE NOT BEING UTILIZED,
RIFLE AND PISTOL WILL CONTINUE UNTIL 6 PM.

**All firearms must be registered
with the Fort McCoy Police.**

Visit mccoy.armymwr.com/programs/sportsmans-range
or scan the QR code for more information.



\$5 Per Lane Per Hour
RIFLE
200 meters with steel targets
PISTOL
50 meters with paper targets
15 meters with knock downs & Texas star

All applicable State & Military Installation Firearm laws are in effect.

Please call 608-388-3517 for more information