



# DOWN AND DIRTY TRAIL RUN

FORT MCCOY, WI

**EARLY REGISTRATION** MAY 1 - JUNE 13

**\$30** MILITARY & DOD | **\$35** GENERAL PUBLIC

Includes Food & Drink Ticket, Race Medal, & T-Shirt. Register by June 1st to guarantee your shirt size!

**LATE REGISTRATION** JUNE 14 - JUNE 21

**\$35** MILITARY & DOD | **\$40** GENERAL PUBLIC

Includes Food & Drink Ticket, Race Medal, & T-Shirt WHILE SUPPLIES LAST. Day-of Registration open at 9:00 am on June 21, 2025

**JUNE 21, 2025**  
10:00 AM | WHITETAIL RIDGE



**KIDS 10 AND UNDER RUN FOR FREE!**




SCAN THE QR CODE TO REGISTER

TO REGISTER, SCAN THE QR CODE OR CALL

## 502-898-3517


I Love This Country

**COUNTRY**  
INN & SUITES  
SPARTA




737 Avon Road, Sparta, WI  
(608) 480-8450  
OX\_SPRT@COUNTRYINNAMERICAS.COM

BOOK NOW



**No endorsement implied**

CELEBRATING 250 YEARS OF  
SELFLESS SERVICE TO THE NATION




# 250<sup>TH</sup> U.S. ARMY BIRTHDAY

## JUNE 13, 2025

**7:00 AM** ARMY BIRTHDAY 5K RUN / 2 MILE WALK  
RUMPEL FITNESS CENTER (BLDG 1122)  
Registration begins at 6:15 am. Race finishers receive free t-shirt

**11:30 AM** CAKE CUTTING CEREMONY & LUNCH  
MCCOY'S COMMUNITY CENTER (BLDG 1571)  
Complimentary buffet lunch will be provided from 11:30 am - 1:00 pm on a first come, first served basis.

**FEATURING LIVE ENTERTAINMENT FROM THE 204<sup>TH</sup> ARMY ROCK BAND**  
All events are free & open to the Fort McCoy Community

**SPONSORS**













502.898.5358    @FortMcCoyMWR







# NEON NIGHTS & BOWLING STRIKES

## 80's THEMED BOWLING

Come out in your best 80's **THREADS** & compete for **RAD** prizes!

**MAY 16, 2025 AT 6:00PM**  
**McCOY'S COMMUNITY CENTER**

3 GAMES OF 8 PIN TAP  
**\$100**  
 FOR TEAM OF 4  
 8 TEAMS MAX.

**PRIZES WILL BE AWARDED TO:**  
 BEST DRESSED - INDIVIDUAL  
 BEST DRESSED - GROUP  
 HIGHEST SCORING

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# MAX THE RANCH

COME OUT TO  
**RUMPEL FITNESS CENTER**  
 FOR AN EPIC 80's THEMED WEIGHT LIFTING COMPETITION

**JUNE 6, 2025 AT 4:00 - 6:00 PM**

**COMPETITION RULES:**

- MEN:** BENCH PRESS BODY WEIGHT FOR MAX REPS
- WOMEN:** BENCH PRESS HALF OF BODY WEIGHT FOR MAX REPS

PARTICIPANT WITH THE MOST REPS IN MEN'S AND WOMEN'S CATEGORIES WILL RECEIVE PRIZE PACKAGE!

**DRESS IN YOUR BEST 80's THREADS FOR A CHANCE TO WIN A RAD PRIZE!**

502.898.2290    @FortMcCoyMWR




# PAR-TEE TIME



SHOW UP IN YOUR RADDEST 80's THREADS AND RECEIVE A FREE GAME OF MINI GOLF!

**MAY 11-17, 2025**  
**PINE VIEW CAMPGROUND**

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# GREEK SALAD

## MAY FOOD SPECIAL



**\$8.50**

Chopped romaine lettuce, cucumber, tomato, red onion, kalamata olives, feta cheese, olive oil, red wine vinegar, dried oregano, salt and pepper

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# McCOY'S COMMUNITY CENTER **LUNCH** BUFFET SPECIALS

## THIS WEEK'S SPECIAL

TUESDAY MAY 13  
**SLICED HAM**

WEDNESDAY MAY 14  
**CHINESE BUFFET**

THURSDAY MAY 15  
**BROASTED CHICKEN**

**\$13.50**

Served with 16 oz  
Fountain Drink  
& Salad

AVAILABLE  
FROM **11AM - 1PM**



# WE'VE UPPED OUR BEAN GAME

McCOY'S ICED OR HOT  
**COFFEE**

JUST  
**\$1.00**  
10 oz



## 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 mccoys.armymwr.com

**BOSS**  
BETTER OPPORTUNITIES  
FOR SINGLE SOLDIERS

## OIL CHANGE & BASIC AUTO SKILLS CLASS

MAY 22, 2025 | 4:30 - 5:30 PM

AUTOMOTIVE SKILLS CENTER BLDG1763

To register email: [gregory.a.hopkins4.naf@army.mil](mailto:gregory.a.hopkins4.naf@army.mil) or call

# 502.898.2625

Open to all married and married geographically separated soldiers.

@FortMcCoyMWR



UNITED STATES ARMY  
CHILD & YOUTH SERVICES

## BABYSITTING CLASS

### Become a Safe and Responsible Babysitter!

Class is hosted by Child & Youth Services.

Youth will learn many important skills including infant/child CPR and first aid, ages & stages, principles of discipline, nutrition, entertaining children, diapering, safety, business of babysitting, and much more. Role playing, experiential learning and the babysitter's "magic bag" makes this course useful and fun.

**DATES:** JUNE 10-12, 2025

*Must attend all 3 days!*

**TIME:** 8:30 am - 1:00 pm

**LOCATION:** Fort McCoy CYS Building 1765

**AGES:** 12 and older

**COST:** Free!

**REGISTER:** Call 502-898-8956

Must be registered by June 3, 2025. Youth must be registered with CYS to attend. Space is limited to 10 children. Kids can choose to bring their lunch or have it provided, we will just need a count when they enroll.  
6th-12th graders: A \$8.00 per hour fee applies outside the class hours prior to 1 pm if you are not enrolled in the full-time camp week.



mccoy.armymwr.com | 502-898-8956



## DJ TRIVIA

**WED NIGHTS  
6-8 PM**

**GET  
YOUR TEAM  
TOGETHER &  
JOIN US FOR  
SOME TRIVIA  
FUN!**

**FREE  
TO PLAY!  
PRIZES AWARDED  
WEEKLY TO  
THE TOP 3  
TEAMS!**

**MCCOY'S COMMUNITY CENTER**

**FOR MORE INFO CALL 502.898.2065**

NO REGISTRATION REQUIRED | OPEN TO ALL FORT MCCOY SOLDIERS, FAMILIES & CIVILIANS



## Army Community Service

Phone: 608-388-3505 | B 2111



## ★ FORT MCCOY ★ NEWCOMER'S ORIENTATION

**2ND WEDNESDAY OF EACH MONTH**

**8:00 AM - 1:00 PM**

**AT ARMY COMMUNITY SERVICE  
BUILDING 2111**

## Schedule an appointment with one of our Fort McCoy MILITARY FAMILY LIFE COUNSELORS

### SERVICES AVAILABLE

Individual & Couples  
Support for Adults

**IN PERSON, PHONE OR  
VIRTUAL APPOINTMENTS  
AVAILABLE**

2111 South 8th Avenue  
Fort McCoy, WI

**352-598-4972  
352-801-2742**







GARY SINISE

& THE

# LI DAN BAND

— JULY 13, 2025 —  
**FORT MCCOY, WISCONSIN**  
at MCCOY'S COMMUNITY CENTER

Bring blankets and chairs and get ready for an epic day of family friendly entertainment, yard games, bounce houses, activities, and FREE food and drinks!

# FREE ENTRY

Event open to all DoD ID cardholders & their guests

**DOORS OPEN AT 1PM | CONCERT BEGINS AT 2PM**



TO SUPPORT OUR NATION'S HEROES, VISIT [GARYSINISEFOUNDATION.ORG](http://GARYSINISEFOUNDATION.ORG)