





# DOWN AND DIRTY TRAIL RUN

FORT MCCOY, WI

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

**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



SCAN THE QR CODE TO REGISTER



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

TO REGISTER, SCAN THE QR CODE OR CALL  
**502-898-3517**



## BEND THE BAR

### ALL-TIME LIFTERS BOARD

**JUNE 28, 2025**  
**RUMPEL FITNESS CENTER | 9:00AM**

Registration opens at 8:00am

Compete in up to 3 categories to earn your spot on Rumpel Fitness Center's All Time Lifters Board! The top participants will have their name entered into a fitness themed giveaway. All participants will receive a FREE T-Shirt!

**CATEGORIES**

**SQUAT | DEADLIFT | BENCH PRESS**

Men over 200 lbs | Men under 200 lbs | Women over 150 lbs | Women under 150 lbs

502.898.2290 | @FortMcCoyMWR

## BUDWEISER CLYDESDALE PARADE

**JUNE 29, 2025 | 12-4PM**  
**PINE VIEW CAMPGROUND**

- 12:00 PM Watch the Clydesdale hitching process
- 1:00 PM Parade through Pine View Campground
- 2:00 PM Folds of Honor Presentation presented by S&S Distributing
- 2:15 PM Bounce Houses & Yard Games

Event is FREE and open to all DoD ID Cardholders, their guests, and Pine View Campground guests

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ADVERTISEMENT (NO ENDORSEMENT IMPLIED)



## ELEVATED ADVENTURE IT'S IN OUR NATURE

[EXPLORE LA CROSSE VISITOR GUIDE >](#)



Discover the Vibrant Spirit of the La Crosse Region!





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)






**CHRISTMAS IN JULY**

**JULY 26, 2025 | 10 AM - 2 PM**  
**PINE VIEW CAMPGROUND**

Bring out the whole family for a festive-filled day of Face Painting, Gel Ball, Sawdust Pile Dig, Bounce Houses, Yard Games, Site Decorating Contest, & More!

Decorate your campsite for the Christmas Season for a chance to win MWR gift cards!  Plus a special appearance from Saint Nick himself!

Free and open to all Military, DOD, Retirees & Public

502.898.3517    @FortMcCoyMWR



USAA is honoring our Military Service Members that are currently serving by providing a **FREE MEAL** on the following nights throughout the summer.

**JUNE 20, 2025      JULY 16, 2025**

**McCoy's Community Center**  
**Dinner Served 6 pm - Close**  
While Supplies Last



Must show valid Military ID (dependents not included). Limited to 148 service members per night. First come, first served.



For additional information, call 502-898-5358



**MORNING PT WITH FITNESS CENTER BLDG 1395**

**PATRIOTIC RELAY**

**JUNE 25, 2025 AT 6:30 AM**

Co-ed teams of three (red, white and blue!) relay through a half mile run, farmer's carry, and kettlebell toss. Team with the fastest time receives an RFC T-Shirt and \$25 MWR gift card!

**TO REGISTER YOUR TEAM CALL 502.898.2290**  
REGISTRATION BEGINS JUNE 16 - JUNE 25, 2025

   @FortMcCoyMWR mccoymarmwr.com



**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	WEDNESDAYS	THURSDAYS
<b>BODY BLAST</b>	<b>LIQUID GEARS</b>	<b>SPIN</b>
3:30 - 4:00 PM	4:00 - 4:30 PM	3:30 - 4:00 PM

@FortMcCoyMWR mccoymwr.com



**PIZZA, POP AND PINS**

**\$45**

**INCLUDES:**  
 1 HOUR OF BOWLING  
 FOR UP TO 4 PLAYERS,  
 ANY 2-TOPPING PIZZA  
 & 16oz SOFT DRINK

**EACH FRIDAY**  
**2:00-6:00 PM**

**502-898-2065**
 @FortMcCoyMWR

FORT MCCOY ARMY COMMUNITY SERVICE PRESENTS:

# GIZMO D ROBOT

Gizmo D Robot is the dynamic host of this high-impact, powerful, anti-bullying presentation for grades K-6. When Gizmo talks, students listen and retain what they learn. Gizmo reinforces the lessons your school teaches through a fun, interactive and memorable presentation.

**JUNE 25, 2025**  
**5:00 PM**  
**BUILDING 905**

A separate presentation will be held at 3:30 pm at Child & Youth Services for enrolled students.

**To register, please call ACS at 502-898-7262 or email: sarah.l.wiedenfeld.civ@army.mil**



Army Community Service (ACS) events are open to Military, Retirees, Civilian workforce, Family Members and registered Fort McCoy Volunteers, unless otherwise stated. Employees must contact their supervisors regarding disapproval from work centers. For information on upcoming training opportunities through ACS please go to mccoymwr.com and click on Calendar.



**EFMP** Exceptional Family Member Program

# ALL ABILITIES Craft Night

Art offers individuals with all abilities a way to communicate. Practicing art has been shown to increase fine motor skills, improve focus, gain self-confidence, strengthen cognitive development and improve mood.

**CHOOSE FROM A VARIETY OF ART PROJECTS INCLUDING:**

- Sensory Crafts
- Seasonal / Holiday Crafts
- Painting & Coloring
- Scrapbooking & Stamping
- Diamond Art
- And Much More!

**Summer 2025 Dates**  
**July 8 & August 5**  
**4:30 pm - 7:00 pm**  
**ACS Family Building (B2161)**

**U.S. ARMY**

**TO REGISTER, PLEASE CALL ACS AT 502-898-7262**  
 or send an email to: sarah.l.wiedenfeld.civ@army.mil



# Juneteenth Hours of Operation

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<b>Army Community Service:</b>	<b>CLOSED June 19</b>
<b>Auto Skills:</b>	<b>CLOSED June 19</b>
<b>Child &amp; Youth Services:</b>	<b>CLOSED June 19</b>
<b>Headquarters Office:</b>	<b>CLOSED June 19</b>
<b>McCoy's Community Center:</b>	<b>CLOSED June 19</b>
<b>Pine View Campground:</b>	<b>9am - 5pm June 19</b>
<b>Ten Point Pub:</b>	<b>CLOSED June 19</b>
<b>Rumpel Fitness Center:</b>	<b>CLOSED June 19</b> 24/7 Access will be available

