



FORT MCCOY MWR E-NEWS

MAY 22, 2025





RIGHT ARM NIGHT

MCCOY'S COMMUNITY CENTER | MAY 22, 2025 | 4:00-6:00 PM

Grab a battle buddy and come out for some great food, drinks, and a chance to win FREE concert tickets to

STONE TEMPLE PILOTS

OFFERING A SPECIAL TACO BAR FOR JUST **\$8.50** 502.898.2065

250TH U.S. ARMY BIRTHDAY

JUNE 13, 2025

7:00 AM ARMY BIRTHDAY 5K RUN / 2 MILE WALK
RUMPEL FITNESS CENTER (MCCO 1191)
Registration begins at 6:30 am. Race finishers receive free t-shirt

11:30 AM CAKE CUTTING CEREMONY & LUNCH
MCCOY'S COMMUNITY CENTER (MCCO 1071)
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 204TH ARMY ROCK BAND

All events are free and open to the Fort McCoy Community

502.898.5358    @FortMcCoyMWR



SPONSORS



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


SCAN THE QR CODE TO REGISTER

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

KIDS 10 AND UNDER RUN FOR FREE!



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!






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 or call
502.898.2625
 Open to all married and married geographically separated soldiers.

 @FortMcCoyMWR



GARY SINISE FOUNDATION PROUDLY PRESENTS

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



2025 STRONG BANDS

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



**WE'VE UPPED
OUR BEAN
GAME**

MCCOY'S ICED OR HOT
COFFEE

JUST \$1.00
10 oz



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



Sit, Sip and Paint

Canvas Painting Event

JUNE 18, 2025 | 5:30PM
WHITETAIL RIDGE CHALET



SAMPLE PAINTING

SPACE IS LIMITED!

\$35 PER PERSON

TO REGISTER, VISIT
www.thepaintshack.net
Click on calendar/registration.
Select June 18, and fill out registration details.

@FortMcCoyMWR



HOME ALONE CLASS

This class is designed to teach youth to be responsible, trustworthy, competent, capable, and safe while staying home alone.

DURING THE COURSE, YOUTH WILL LEARN:

- How to stay safe when they are home alone
- How to handle emergency situations
- Activities to do to keep from being bored
- How to be safe in the kitchen
- How to deal with conflict

DATES & TIMES: Required to attend both days

August 5: 8:30 am - 11:30 am

August 6: 9:30 am - 11:30 am

LOCATION: Fort McCoy CYS Building 1765

AGES: 10 - 11 year olds

COST: Free!

REGISTER: Call 502-898-8956

Must be registered by July 29, 2025. Youth must be registered with CYS to attend. Space is limited to 10 children. 4th-5th graders: An \$8 per hour fee applies outside the class hours if you are not enrolled in the full-time camp week if you need care after class.



www.mccoy.armymwr.com | 502-898-8956



SKIESUnlimited

Schools of Knowledge, Inspiration, Exploration & Skills

SWIMMING LESSONS

Lesson Dates: July 7, 8, 10, 11, 14, 15, 17, 18

AGES: 4 year olds (must be 42" tall) - 18 year olds

TIMES: 8:30 - 9:00 am: Levels 1 & 2

9:15 - 9:45 am: Levels 1 & 2

Rumpel Fitness Center | \$35 per child

SPACE IS LIMITED - REGISTER TODAY!

Call Parent Central Services at 502-898-8956 or the School Age Center at 502-898-4373

Payments are due at the time of enrollment and are non-refundable. Registration begins June 2, 2025

Youth must be registered with CYS. Please call Parent Central Services to register. When calling to register your child, please know the swim level of your child.



www.mccoy.armymwr.com | 502-898-8956



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

McCoy's COMMUNITY CENTER
GREEK SALAD
MAY FOOD SPECIAL

2025 STRONG B.A.N.D.S.

\$8.50
Chopped romaine lettuce, cucumber, tomato, red onion, kalamata olives, feta cheese, olive oil, red wine vinegar, dried oregano, salt and pepper

502.898.2065 @FortMcCoyMWR

U.S. ARMY MWR

McCoy's

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

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

DJ TRIVIA
WED NIGHTS
6-8 PM

McCoy's COMMUNITY CENTER
FOR MORE INFO CALL 502.898.2065
NO REGISTRATION REQUIRED | OPEN TO ALL FORT MCCOY SOLDIERS, FAMILIES & CIVILIANS



Memorial Day 2025

Hours of Operation

Army Community Service:	CLOSED May 26
Auto Skills Center:	CLOSED May 24 - 26
Child & Youth Services:	CLOSED May 23 - 26
Headquarters BLDG 1668:	CLOSED May 26
McCoy's Community Center:	11 am - 1 pm May 23 CLOSED May 24 - 26
Pine View Campground Office:	9 am - 5 pm
Fitness Center BLDG 1395:	CLOSED May 24 - 26 24/7 Access will be available

