

# Competitive Endurance Sports



## ABOUT

MCCS Semperfit hosts a wide variety of high endurance sporting events for Marines and Sailors stationed on Okinawa. These include marathons, 5Ks and 10Ks, triathlons, open ocean swims and high-intensity tactical training events, just to name a few. There are even triathlons for kids! Check out MCCS Okinawa's Sports & Wellness Facebook page to see more event photos at [facebook.com/mccsokinawa.sportsandwellness](https://facebook.com/mccsokinawa.sportsandwellness).



## Sponsorship requested includes the following:

- Cash
- Water bottles
- Sports duffle bags
- Nutrition bars
- Draw-string bags
- Nutritional supplements
- Sunglasses
- T-shirts/sweat shirts
- Foam rollers
- Athletic towels
- Sun screen
- Heart rate monitor
- Sweat bands
- Garmin watches
- Fitbit



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## Kinser Bike Race

This event is a 44K Road Bike and 17.6K Mountain Bike Race set on a course on Camp Kinser. All participants receive a commemorative event t-shirt and awards are given to the 1st, 2nd, and 3rd place for both male and female categories in each race.

Date: February  
Location: Camp Kinser

Participants: 300  
Spectators: 50



## 5K/10K Lord of the Tengan Run

The Lord of the Tengan Run is Camp Courtney Athletics' premiere event and each year sees an increase in participation. The Lord of the Tengan is popular amongst both Japanese and American participants. All participants receive commemorative items after completion of the event. Overall male and female winners as well as the 1st, 2nd, and 3rd place in each age division receive awards and prizes.

Date: February  
Location: Camp Courtney

Participants: 65  
Spectators: 40



## Schwab Warrior Challenge

Open to participants island-wide ages 15 and over, the Schwab Warrior Challenge is a test of stamina that consists of a 5k run through sand, hardtop and more. This event is held annually at Okinawa Marine Corps Camp Schwab. At the conclusion of the event, awards will be given to the top three male, female and team finishers. All participants will receive an event t-shirt. Schwab Warrior Challenge is a test of endurance and promotes camaraderie.

Date: March  
Location: Schwab  
Powerdome Participants: 1,000

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## Annual Kinser Triathlon

The Annual Kinser Triathlon consists of a 5K run, 15K bike race and a 400M swim. Although there is a 200 participant limit for the event, maximum capacity is often achieved. All participants receive commemorative items and after completion of the event, an awards ceremony is held in which 1st, 2nd, and 3rd place in each age division receive awards and prizes.

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Date: May  
Location: Camp Kinser

Participants: 200  
Spectators: 150



## POW/MIA Remembrance Run

The POW/MIA Remembrance Run is a 5k run open to military personnel and families. In Okinawa, we hold a resource fair following the event where we recognize POWs and those that are currently MIA. POW/MIA Recognition Day is observed annually across the United States on the third Friday of September. On this day, service members take time to pay homage to those who were POW or are still MIA. Since World War I, approximately 83,400 U.S. service members are still unaccounted for, and more than 150,000 Americans have been held as prisoners of war.

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Date: September  
Location: Camp Hansen

Participants: 1,000+  
Spectators: 150



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## Hansen Tri-Ekiden

Tri-Ekiden is a relay triathlon. This is an extreme event with teams competing in a 5K run, 15K bike ride, and a 400M swim. Because each leg is run by a different team member, the event moves faster and is much more competitive. It is also exciting for the spectators as they watch the competition for 1st, 2nd, and 3rd place in each division (8 divisions).

Date: June  
Location: Camp Hansen

Participants: 200  
Spectators: 100

## Futenma Triathlon

Open to participants island-wide, the MCAS Futenma's Triathlon is a grueling test of stamina and athleticism that is held annually on Okinawa's Marine Corps Air Station. Free food and drinks are offered, and participants receive commemorative items. At the conclusion of the event, an awards ceremony is held and overall male and female winners as well as the 1st, 2nd, and 3rd place in each age division receive awards and prizes.

Date: October  
Location: MCAS Futenma

Participants: 175  
Spectators: 50

