

Open to all DOD ID Cardholders 18 years and older.



Heart THROB HUSTLE 2025

Free Challenge!

1 Mi • 2 Mi • 5K

Helemano Military Reservation

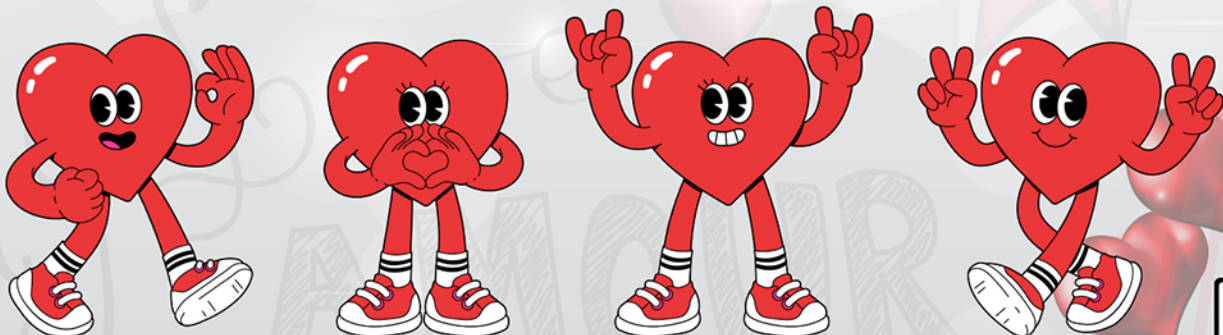
Physical Fitness Center

441 Kuapale Road • Bldg. 25 • Wahiawa, Hawaii 96786

Register through the month of February at HMR PFC.

Calling all heartthrobs, if you're boo'd up or just keep it 100. Head to the HMR PFC and track your miles through the month of February to complete your personal goal of 1 mile, 2 miles, or 5K.

Sign our poster and flex that mad clout.



For more information, call (808) 787-7460.

Visit hawaii.armymwr.com/categories/sports-and-fitness for facility hours of operations.



HiMWR.com or MWR HAWAII