

# Helemano Military Reservation Physical Fitness Center

Open to all DoW ID Cardholders  
16 years and older.



Kaiwi Channel (Molokai to Oahu)  
has a reputation for being one of the  
toughest ocean channels in the world.

# KAIWI

“THE BONE”

# CHALLENGE



Register  
through the  
month  
of October

**FREE!**

**HEAD TO HMR PFC AND ROW  
THROUGH THE MONTH OF  
OCTOBER TO COMPLETE**

**26.2** MILES

**SIGN OUR POSTER AND COMMEMORATE  
THE ACHIEVEMENT.**



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

441 Kuapale Road • Bldg. 25  
Wahiawa, Hawaii 96786

SCAN ME



Scan the QR code or visit  
[hawaii.armymwr.com/categories/sports-and-fitness](https://hawaii.armymwr.com/categories/sports-and-fitness)  
for facility hours of operations.



[HiMWR.com](https://HiMWR.com) or [MWR HAWAII](https://MWR.HAWAII)

