



Malmstrom

Ready to Execute (RTE)

These events have been pre-approved by AFSVA; some events are free and some will require funding. ODR has additional activities as well!

Event	Description
Squadron Field Day	<p>Take over your local FSS activities for the day! Reserve any of the baseball fields, basketball courts, or football/soccer fields for a day of fun. Custom programs can be designed to include recreational kickball, flag football, softball/baseball, Frisbee, Tug O War, fitness challenges, relay races, obstacle course, large party inflatables and more!</p> <p>Depending on the size of the group as well as the availability/size of the facilities, events can be scheduled throughout the day or run concurrently. This program can be tailored for any length of time, location or season.</p> <p>Additional Note: Consider using your NAF \$\$ to host a barbeque</p>
Themed Fun Runs	<p>Themed races take the typical 5K to the next level. This program can be tailored for any race length (5K, 10K, ½ marathon) or time.</p> <p><i>Zombie (Mud) Run.</i> A 5K obstacle (and mud) run, in which zombies infected with the living dead virus chase participants. Runners race with a flag football belt and three flags, which represent their vital organs: brains, heart and entrails. The goal is to finish the race with at least one flag intact.</p> <p><i>Color Run.</i> An un-timed 5K event in which participants wear white at the starting line and throughout the course of the race are doused from head to toe in different colors at each kilometer.</p> <p><i>Glow Run.</i> An un-timed 5K event in which participants wear and carry glow sticks as well as glow in the dark body/face paint. For the full effect, this race must take place in the dark.</p> <p><i>Warrior Dash.</i> A 5K obstacle course race which typically includes tackling, sliding, climbing and tunneling through, up and around objects.</p> <p>Additional Note: Consider using your NAF \$\$ to host a barbeque or purchase race snacks. Funding is to be used for squadron; not base-wide events.</p>

<p>Outdoor Adventures</p>	<p>Take advantage of the many outdoor recreation opportunities in the local area. Depending on the interests of your squadron, consider participating in one of the following activities:</p> <p><i>Outdoor Adventures:</i> Hiking, horseback riding, paintball, biking, archery</p> <p><i>Water Sports:</i> Jet skiing, kayaking, fly boarding, log rolling, rafting, fishing</p> <p><i>Snow Activities:</i> Cross Country or downhill skiing, snowboarding, snow tubing or ice fishing (Unite can usually pay for the rental equipment from ODR; not lift tickets)</p> <p>Additional Note: Consider using your NAF \$\$ to host a barbeque or purchase box meals/snacks during or after the event. Booster Club funds can be used to enhance the event if needed.</p>
<p>Squadron Bowling</p>	<p>A Squadron Bowling event, designed to provide squadrons the opportunity to enjoy a team building bowling event at the base bowling center. The event builds squadron morale and team cohesion by affording personnel the ability to develop team-building, build unity, and improve communication among team members that typically may not work together. Build your event around cosmic bowling, no tap, tournaments, etc.</p> <p>Additional Note: Consider using your NAF \$\$ and cater through the bowling center snack bar. \$5 for three games of bowling including shoe rental and \$10 for a single topping of pizza and fountain soda</p>
<p>Team Cohesion Challenge</p>	<p>Team Cohesion Challenge (TCC) was created to provide Airmen an opportunity to participate in adventure race type events while incorporating the four pillars of Comprehensive Airman Fitness; Mental, Physical, Social, and Spiritual. This program is built around GORUCK™, a small grassroots company that is plugged into a young, active, tech savvy group of participants. While having a large physical component, this company was selected specifically for their military relevance, small event footprint, and focus on group and team dynamics.</p> <p>TCC is a contracted event and is designed as an introduction to the team-based training found in Special Operations Units. The event is approximately 4-5 hours in length, very physically demanding through the use of calisthenics and other exercises/activities, and covers an overall distance of 7-10 miles.</p> <p>TCC has a group cohesion focus, with activities focusing on team building, not speed. The</p>

	<p>Contractor will design the course on-site the day before the event and move with the team to help them through the obstacles and activities encountered during the event.</p>
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Additional Note: Consider using your NAF \$\$ to host a barbeque at the end of the challenge or purchase box meals/snacks during or after the event.