



FiA, what a six months it's been! From frozen pre-dawn competitions to summer sunrise rucks, and parade show offs to scavenger show outs (with a few celebrations along the way)— this crew showed up, again and again, for each other and for this community. Every mile logged and every burpee counted is proof of what we already knew: we are stronger together.

Let's look back at the events, milestones, and moments that make this group what it is. Grab a coffee (or a post-workout protein shake) and let's relive it one picture, one video, one smile at a time.

Hundreds of beatdowns. Countless laughs. One incredible FiA Naperville..

FiATURED PRESENTATION

NCTV17 Showcase

FiA Naperville hit the airwaves! Our local news station showed the whole city what a sunrise workout with this group really looks like.



Sleigh Days/Galentine's

After the chaos of Sleigh Days, we came together to celebrate with prizes, laughter, and zero shame about a second dessert at our Sleigh Day Awards/Galentine's Dinner. Two celebrations, one phenomenal crew.



FiA NATION RUCK WEEK

March 28, 2026 - April 4, 2026

Weighted packs, early alarms, and serious grit — FiA across the nation laced up together for a week of rucking in solidarity. As a group, FiA Naperville racked up 310.09 miles which is the equivalent of walking to Jefferson County, MO!



Warrior, Fossil, Phelps, Java & Chaser braved the elements to represent FiA at the Polar Plunge.

Cold hands, warm hearts, and funds raised for a great mission.



Shamrocks, sunglasses, and a whole lot of pep in our step — FiA marched (and rucked) through downtown Naperville for the St. Patrick's Day Parade.



We traded burpees for boxes — FiA & F3 packed meals for families at Feed My Starving Children.

March 24th



Naperville Women's Half Marathon

13.1 miles, one incredible cheer squad, and a finish line full of FiA women supporting each other every step of the way.



Never Miss A Monday

April 27th was FiA Nation's Never Miss A Monday. A total of 937 PAX showed up across the Nation, including 38 of our own Naperville gals!

NEVER MISS A
FIA MONDAY

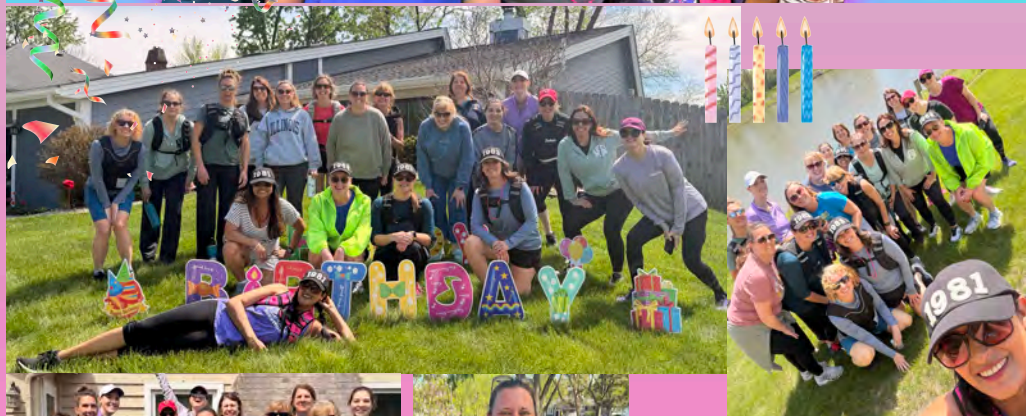


On April 22nd, Classic, Phelps, Limoncello, and L-Cubed met for our inaugural Firefly Run Club at Frontier Park. Firefly gives us evening options to get outside at varying locations.

We look forward to many more sunset miles next season!

Progressive Birthday Ruck

On April 26th, we celebrated **FIVE** FiA Birthdays with a Progressive Snacking Ruck! Phelps, Canon, Zen, Fingerprint, and Warrior were all born in the month of April so we had to celebrate that fact with an all-out celebration of movement. PAX covered 6 miles stopping at 7 houses for snacks and bevies.





3rd Annual AO-AO Ruck

ABOUT THE EVENT
 ~14 miles ~ 4 AOs ~ Challenges at every stop
 Ruck from Victory ~ Beach ~ Fortress ~ Den, then celebrate at Zen's house

JUNE 7, 2026 | 5:00 AM | VICTORY FIELD
 Dress code: any FiA gear

SCHEDULE
 VICTORY ~ BEACH
 Challenge & Depart 5:30 AM
 BEACH ~ FORTRESS
 Challenge & Depart 7:00 AM
 FORTRESS ~ DEN
 Challenge & Depart 9:00 AM
 DEN
 Final Challenge
 arrival 11:15

VOLUNTEERS NEEDED **SIGN UP!**
 3 SITE Qs: VICTORY • BEACH • FORTRESS Click on the link above

Victory: meet on the field
 Beach: meet at Rotary Hill parking lot
 Fortress: meet at pavilion
 Den: meet at pavilion



AO2AO RUCK

Classic and Warrior organized our 3rd annual celebration of bodies, hearts, minds and the great outdoors. PAX laced up and headed out for 14 miles of fun while visiting each of our four AOs on June 7th.



On June 13th, we celebrated an incredible four years of pre-dawn alarms and unbreakable friendships with a 4 Corners, 4 Years, 4 Elements convergence workout at the Den. Cheers to many more years!



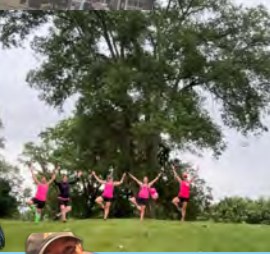
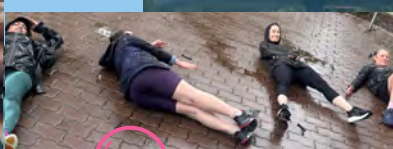
SCAVENGER HUNT



On June 14th, our 4th anniversary shenanigans continued and Mother Nature wanted in on the fun. Six teams refused to let a little rain hold them back, racing, riddling, posing, plotting, and laughing their way through an action-packed, chaos-inducing scavenger hunt across downtown Naperville.



SHERLOCK HOMIES





August 1st saw K9, Gemstone, Ralphie, Wrangler, Bookworm, Diego, Assassin, and Phelps taking on the Naperville Sprint Triathlon.

FiALanthropy

On August 8th, we held our second FliA-Market at Phelps' house! PAX donated gently used items and clothing so they may have more life with another household, and then had the opportunity to shop at the FliA market after the Saturday Den workout. All items not taken were offered to the Naperville Buy Nothing group and leftovers from that were donated to Serendipity, which donates proceeds to Little Friends, Inc. helping those with autism.



Site Q Pool Party



On August 23rd, we celebrated PAX who have stepped up to serve our FiA Family. Whether as a board member, or a dedicated Site Q keeping the wheels on the bus going round and round, we appreciate you and all you do! FiA wouldn't be the same without our Site Qs who help make each workout a safe environment for all. Thank Q!



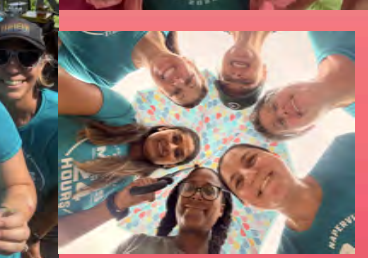
24 in 24

Spearheaded by Classic and hosted by Bookworm, our 2nd annual SWAG proved that $24 + 24 = 1$ unforgettable weekend! PAX showed up and showed out, flying solo or as a team, to complete the 24 miles in 24 hours, one mile at a time. It was 24 hours of fun, face masks, trivia, lots of laughter, and a few miles thrown in for measure. Mark this on your calendars for next year!

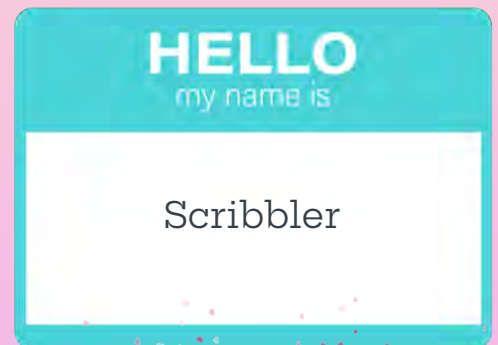
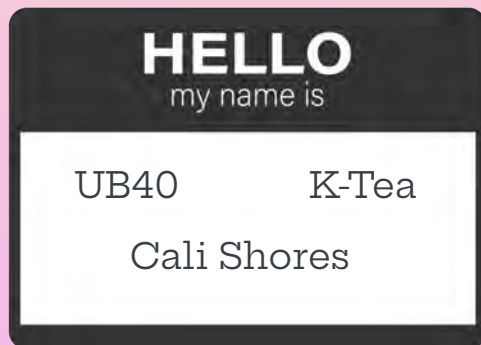
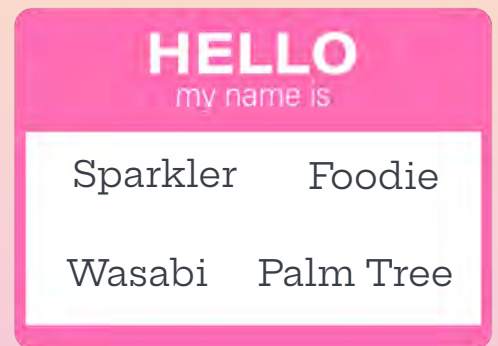
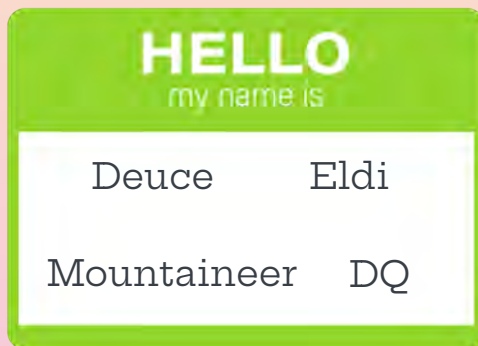
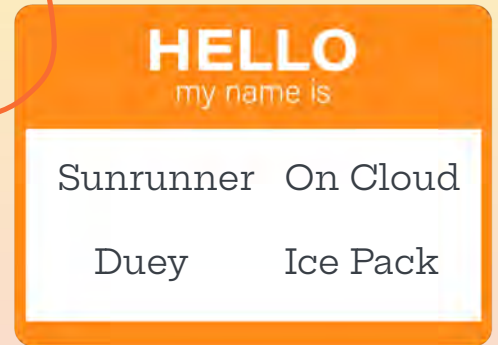
FIA has SWAG!

Ralphie - ~~|||||~~ T.W. - ~~|||||~~
 Warrior - ~~|||||~~ Chaser - ~~|||||~~
 Cruncher - ~~|||||~~ Tals - ~~|||||~~

Mile/Time	Milemakers	Sole Survivors	Quint- Essentials
1 5:00	I M D	Claver	Scrappy Phelps
2 6:00	Jeanne Diego	Claver	Scrappy Phelps
3 7:00	Diego & Jeanne	Claver	SP W
4 8:00	Jeanne, Classic	Claver, Bookworm	WILMS, GARDIA
5 9:00	Jeanne, Classic	C, B, Gemstone	Gardonia, Limoncello
6 10:00	Classic	Gem, BW	Limoncello
7 11:00	Classic	Gemstone	Limoncello
8 12:00	Classic	Gemstone	Limoncello
9 1:00	Classic	Gemstone	Pharmonia Limoncello
10 2:00	Classic	Gemstone	Pharmonia
11 3:00	Classic	Gemstone	Pharmonia
12 4:00	Classic	Gemstone	Pharmonia
13 5:00	Classic + Diego	Gemstone	Pharmonia WILMS
14 6:00	Classic + Diego	Gemstone, Sunrunner, WILMS	Phelps
15 7:00	Classic + Diego	Sunrunner	Phelps
16 8:00	Classic + Diego	Sunrunner	Phelps
17 9:00	Classic + Diego	Sunrunner	Phelps
18 10:00	Classic + Diego	Sunrunner	Phelps
19 11:00	Classic + Diego	Sunrunner	Phelps
20 12:00	Classic + Diego	Sunrunner	Phelps
21 1:00	Classic + Diego	Sunrunner	Phelps
22 2:00	Classic + Diego	Sunrunner	Phelps
23 3:00	Classic + Diego	Sunrunner	Phelps
24 4:00	Classic + Diego	Sunrunner	Phelps

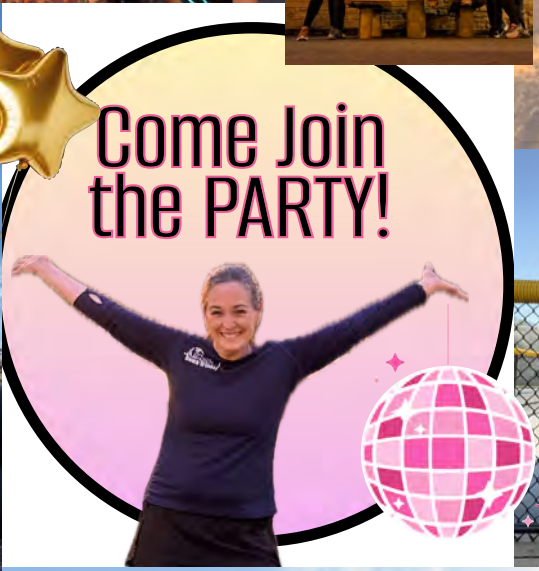


Hey There, FNG!



Welcome to the FiA Family!





See You in the Gloom!



FiA Naperville Schedule

Rain or Shine, All Year Long

ALWAYS Free • ALWAYS Outside • ALWAYS Women

Location (AO)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Beach <u>March-November</u> Free Speech Pavilion Naperville Riverwalk Jackson Ave & Webster St. Naperville, IL 60540 <u>December-February</u> Municipal Garage LL 400S S Eagle St Naperville, IL 60540	Run Club 5:15-6AM	Bootcamp 5:15-6AM		Bootcamp 5:15-6AM		Bootcamp 7-7:45AM
The Den Wolf's Crossing Community Park 3252 Wolf's Crossing Rd Naperville, IL 60564	Bootcamp 5:15-6AM		Bootcamp 5:15-6AM		Run Club 5:15-6AM	Bootcamp 6:30-7:30AM
Fortress DuPage River Sports Complex 2807 Washington St Naperville, IL 60565	Bootcamp 5:15-6AM	Run Club 5:00-6AM		Bootcamp 5:15-6AM		
Victory Nike Sports Complex 1520 N Mill St Naperville, IL 60563			Bootcamp 5:15-6AM			

**Any changes will be posted to social media and in Slack preblasts

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@FiANaperville

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FiANaperville@gmail.com

Bootcamp - Bring Mat & Dumbbells (if possible)

Run Club - Run, Ruck, Walk, or Bike

**Any & all abilities welcome (Workouts modifiable)