



ROAD TO YOUR FUTURE

NATIONALGUARD.COM | 1-800-GO-GUARD

PAY CHART

Enlisted Rank			
Rank	Drill Pay	Annual Training	Total Annual Income
E-1	\$ 244	\$ 916	\$ 3,844
E-2	\$ 274	\$ 1,027	\$ 4,315
E-3	\$ 307	\$ 1,149	\$ 4,833
E-4	\$ 353	\$ 1,325	\$ 5,561
E-5	\$ 454	\$ 1,595	\$ 7,043
E-6	\$ 517	\$ 1,880	\$ 8,084

- * Pay is average based on 2022 numbers
- * Annual Training could include travel pay
- * Total Annual income is Drill Pay X 12 + Annual Training

Pay Stubs

www.mypay.dfas.mil

PAY CHART

Officer Rank			
Rank	Drill Pay	Annual Training	Total Annual Income
O-1	\$ 610	\$ 2,288	\$ 9,608
O-2	\$ 732	\$ 2,752	\$ 11,560

- * Pay is average based on 2023 numbers with over 3 years of service
- * Annual Training could include travel pay
- * Total Annual income is Drill Pay X 12 + Annual Training

Warrant Officer Rank			
Rank	Drill Pay	Annual Training	Total Annual Income
WO1	\$ 676	\$ 2,535	\$ 10,647
CW2	\$ 734	\$ 2,752	\$ 11,560

- * Enlisted pay is based on average pay and Warrant Officer pay is based on ten years time in service
- * E7s and above with two years TIG are promoted to CW2 after completion of Warrant Officer Basic Course
- * Enlisted Soldiers will never make less money as a Warrant Officer due to Save Pay

Pay Stubs
www.mypay.dfas.mil

NEW BLENDED RETIREMENT SYSTEM

1 TSP Automatic & Matching Contributions

You Contribute	DoD Auto Contribution	DoD Matches	Total
0%	1%	0%	1%
1%	1%	1%	3%
2%	1%	2%	5%
3%	1%	3%	7%
4%	1%	3.5%	8.5%
5%	1%	4%	10%

- DoD Auto Contribution starts after 60 days
- DoD Matches start at beginning of 3rd YOS
- Fully vested – it's yours to keep – after 2 YOS

2 Continuation Pay

- Incentive payable at 12 YOS
 - * Must extend for 3 or more years
- 4 Months Pay for traditional Soldiers
 - * 2.5 Months Pay for active

3 Full Retired Pay

- $2.0\% \times \text{YOS} \times \text{Retired Base Pay}$
- Still based on high 3 pay
- E7 with 20 years of service on average will receive \$17,000 a year

4 Lump Sum Option

- Receive 25% or 50% at start of retirement payments until age 67.
 - * At age 67 payments return to 100%

THRIFT SAVINGS PLAN

The TSP is a defined contribution plan, meaning that the retirement income you receive from your TSP account will depend on how much you (and your agency, if you are eligible to receive agency contributions) put into your account during your working years and the earnings accumulated over that time.



If you contribute...	20 years From now	30 years From now	40 years From now
\$30 per month	\$13,860	\$30,135	\$59,745
\$45 per month	\$20,790	\$45,200	\$89,615
\$120 per month	\$55,445	\$120,540	\$238,980
\$210 per month	\$97,030	\$210,950	\$418,215
\$240 per month	\$110,890	\$241,085	\$477,955

* All figures assume a 6% annual rate of return compounded monthly

STEPS TO MAKE YOUR MONEY WORK FOR YOU

- Pre-taxed/tax-deferred options
- Choose your investment options
- Easy to contribute with automatic deductions
- Take your money with you if you transition...
- ...or keep it in TSP until you retire

1-877-968-3778

www.mypay.dfas.mil (enrollment)

www.tsp.gov (modify or manage)

TAX BENEFITS

STATE TAX BREAK

**\$5,000 Tax credit for
military members in
Indiana National Guard**



MILITARY ONESOURCE

FREE TAX PREP - Service members and military families — here's a benefit that helps you master your taxes. Free, easy-to-use MilTax software and support services can make quick work of tax time. No need to pay for outside tax assistance or risk missing specific military tax breaks. MilTax is made for military life, so you get more.

1-800-342-9647
**[militaryonesource.mil/web/mos/
miltax-free-tax-services](http://militaryonesource.mil/web/mos/miltax-free-tax-services)**

MAKE THE MOST OF YOUR MONEY

The Office of Financial Readiness Program offers Personal Financial Counselors (PFCs) to help you and your family manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement.

Support and Counseling Services

- Confidential financial consultations for individuals and families
- Referrals to military and community resources
- Support for service and family members during all stages of the deployment cycle
- Help with credit management and budgeting
- Assistance with navigating benefits
- Advocacy information and support

Personal Financial Counseling services are no cost, private and confidential.



OFFICE OF
**FINANCIAL
READINESS**

Financially Secure, Mission Ready

INDIANAPOLIS

Mark Fiddler, AFC®

616-204-3064

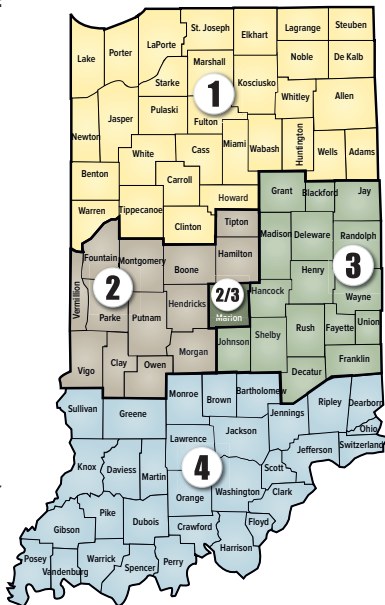
PFC7.IN.NG@zeiders.com

INNG EMPLOYMENT TEAM

Helping you with your employment needs

The INNG's Outreach and Employment program works to:

- Assist all service members and dependents who are unemployed, underemployed, or overemployed
- Assist with re-sumes, cover letter, interview tips, and the job search
- Partner with employers in local communities to understand what they are looking for in applicants and refer service members to apply



EMPLOYMENT SPECIALISTS

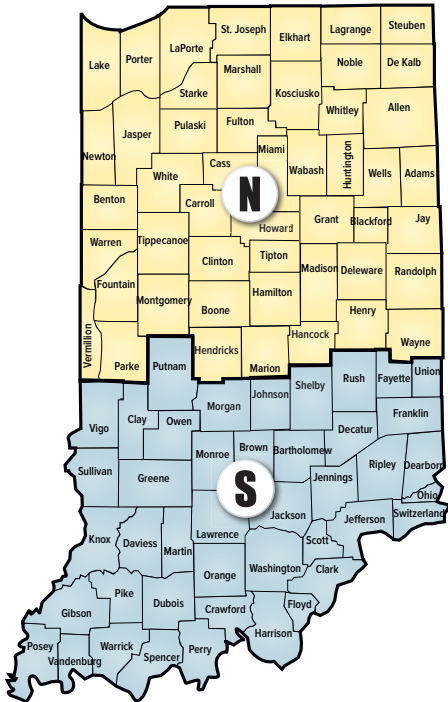
1 Kokomo & Lafayette (317) 247-3300 x88130

2 38th Division Armory (317) 247-3300 x75204

3 Shelbyville (317) 247-3300 x87718

4 Camp Atterbury (317) 247-3300 x64349

INNG OUTREACH TEAM



EMPLOYMENT

TEAM LEAD/SCHEDULER

JFHQ (317) 247-3300 x 75243

OUTREACH SPECIALISTS

NORTH - 38th Division Army
(317) 247-3300 x 75258

SOUTH - Camp Atterbury
(317) 247-3300 x 64342

EMPLOYER SUPPORT OF THE GUARD & RESERVE



ESGR, a Department of Defense program, was established in 1972 to promote cooperation and understanding between Reserve Component Service members and their civilian employers and to assist in the resolution of conflicts arising from an employee's military commitment.

ESGR understands the unique talents and skill set Guard and Reserve Service members can bring to the civilian workforce. To make this arrangement work, both parties must be aware of their rights and responsibilities under the Uniformed Services Employment and Reemployment Rights Act (USERRA).

 **1-800-336-4590 | www.esgr.mil**

EMPLOYMENT



NATIONAL GUARD ASSOCIATION OF INDIANA

Offers representation at the Indiana State House and Capitol Hill, professional development opportunities and Insurance

\$10,000 Life Insurance Plan for new Guard members: This plan is free for the first year to new members of the Guard.

\$10,000 Life Insurance Plan for existing Guard members: This plan will only cost \$3.66 per month. Coverage can go up to \$50,000 and may cover family members too.

Educational Grants: MINIMUM of 10 \$1,000 educational grants per year. The student can be enrolled in any post-secondary educational program, does not have to be a degree seeking program. Check goes directly to the student not the school, to be used as they see fit.

Additional Insurances: Access to Telehealth, Dental and Vision Insurance, Home and Auto Insurance, Pet Insurance, and Medical Insurance

Travel discounts to include: hotel and car rentals, entertainment, legal services, and home loan assistance

SSLI: \$10,000 - \$50,000 in life insurance that pays out within 24-48 hours, can be kept when leaving the guard and the premium does not increase, \$10,000 free for the first year then can be kept for \$3.66 per month, can be an allotment from drill pay

TRICARE



WHO CAN PARTICIPATE?

Members of the Selected Reserve (and their families) who meet the following qualifications:

- Not on active duty orders
- Not covered under the Transitional Assistance Management Program (TAMP)
- Not eligible for or enrolled in the Federal Employees Health Benefits (FEHB) program

WHEN CAN YOU ENROLL?

- Have a Qualifying Life Event (QLE)
- If you are deactivating off orders
- During open enrollment - the next open enrollment will take place in the Fall of 2021

WHAT YOU PAY

- Monthly premiums, annual deductible & cost share (or percentage) for covered services, catastrophic cap of \$1058

TRICARE RESERVE SELECT

(Prices subject to change, based on 2021 prices)

- Members only = \$47.20/mo.
- Members & Family = \$238.99/mo.

TRICARE DENTAL PROGRAM (Through United Concordia)

- Members only = \$11.60/mo.
- Members & Family = \$86.97/mo.

1-800-444-5445 (Tricare) | 1-844-653-4061 (Dental Ins.)

www.tricare.mil

LIFE INSURANCE

SERVICE MEMBERS GROUP LIFE INSURANCE

- Up to \$400k for service member
- Max amount is only \$24/mo.
- SGLI coverage is available in \$50k increments up to the maximum of \$400k

Coverage Amount	Monthly Premium Rate
400,000	\$24.00
350,000	\$21.00
300,000	\$18.00
250,000	\$15.00
200,000	\$12.00
150,000	\$9.00
100,000	\$6.00
50,000	\$3.00

SPOUSAL SGLI

- Up to \$100,000 for spouses
- Starts at \$0.45 for spouses
- FSGLI coverage is available in increments of \$10,000. You pay a premium for your spouse's coverage, which increases as your spouse ages. Coverage for your child is provided at no cost until the child is 18, unless the child is a full-time student or becomes permanently and totally disabled and incapable of self-support prior to age 18.

Contact your unit to get enrolled or change your coverage.
benefits.va.gov/insurance/sgli.asp

FEDERAL TUITION ASSISTANCE (FTA)

- \$250 per semester hour
- Up to 16 semester hours per fiscal year
- Will pay out up to a master's degree level
- Undergraduate Degrees must maintain a 2.0 GPA
- Graduate Degrees must maintain a 3.0 GPA
- HS Diploma or equivalent
- Complete Basic Training and AIT or BOLC Phase I
- FTA requests must be applied for in Army IgnitED at www.armyignited.army.mil NLT 7 business days prior to course start date
- FAFSA is an annual requirement

NATIONAL GUARD SUPPLEMENTAL GRANT (NGSG)

- Available for 4 years of schooling
- Eligible for distance learning and online courses
- Eligible for part-time and full-time students
- Does not pay for summer courses
- No payments for room and board or books
- NGSF is subject to funding availability
- NGSF Application process is done through <https://scholartrack.che.in.gov/> NLT 5 business days prior to course start date
- FAFSA is an annual requirement

317-247-3300 x77023

**ng.in.inarnng.list.j1arp-eds@mail.mil
nationalguard.com/education**

MONTGOMERY GI BILL

- \$362/mo for CH 1606 SR (based on 2021 pay scale)
- Must be enrolled in approved school
 - https://www.benefits.va.gov/gibill/school_locator.asp
 - Click on "VA's WEAMS Institution Search tool"
- Must have a 6 year contract to be eligible
- HS Diploma or equivalent
- Complete Basic Training and AIT or BOLC Phase I
- Payments are made to the Soldier



STUDENT LOAN REPAYMENT PROGRAM (SLRP)

- UP TO \$50,000 repayment
- Must have had existing loans before signing contract and addendum
- Must provide annual paperwork for payments
- Payments go directly to your lender
- Payments based of dispersed amount
 - For a guide only: dispersed amount x 0.15 x 0.70 = \$ repaid

317-247-3300 x77020

**ng.in.inarng.list.j1arp-eds@mail.mil
nationalguard.com/education**

Updated: 01 OCT 2020

ARNG Education Programs and Services

For More Information Contact
the Indiana National Guard
Education Services Office:
317-964-7023 or
ng.in.inarng.listj1arpeds@mail.mil

Website:
[www.in.ng.mil/TroopResources/
EducationServices](http://www.in.ng.mil/TroopResources/EducationServices)

GI Bill® is a registered trademark
of the U.S. Department of Veter-
ans Affairs (VA). More informa-
tion about education benefits
offered by VA is available at
www.benefits.va.gov/gibill

CREDENTIALING ASSISTANCE (CA)

- Pays tuition, fees, books, and exam costs for any credential listed on the Army COOL website
- May be combined with FTA not to exceed \$4,000 year
- Apply online at www.armyignited.com

ARMY PERSONNEL TESTING (APT)

- Free testing opportunities including; AFCT, SIFT, DLAB, DLPT, DLRPT and OPI
- Offered at selected ARNG and Active Army locations

DANTES (WWW.DANTES. DODED.MIL)

- Access to your Joint Services Transcript (JST) available at www.jst.doded.mil
- College credit through CLEP and DSST and free exams including: GED, ACT, SAT, GRE, GMAT, and PRAXIS
- Free college planning resources including; TA Decide, CA Decide and Kuder Journey
- Free college and test prep resources available at: www.dantes.petersons.com
- Troops to Teachers at: www.proudtoserveagain.com



Updated: 01 OCT 2020

Credentialing Assistance!

Become a Certified Professional!

WHAT IS IT?

The Army's Credentialing Assistance (CA) Program provides Soldiers with funding for more than 1,600 credentials listed on www.cool.osd.mil/army

HOW DO I APPLY?

Contact your State ESO/ESS to discuss the application process and eligibility. Ensure your credential is listed on Army COOL at: www.cool.osd.mil/army
Apply online at: www.armyignited.com

HOW DO I QUALIFY?

- Complete AIT, WOBC, or BOLC
- Not be flagged
- Military Service Obligation(MSO):
 - Enlisted: Complete credential prior to sep/ETS
 - Officers/Warrant Officers: Incur a 2 Yr-ADSO or 4 Yr-RDSO after last day of course
 - Officers/Warrant Officers do not incur a service obligation for Testing or Recertification (capped at \$2,000 on their last year of service)

WHAT DO I GET?

- Up to \$4,000/year to pay for a new credential or recertification (combined use of FTA and CA cannot exceed \$4,000 per FY)
- CA pays expenses for course materials/supplies, textbooks, and exam fees.
- CA can be used for any credential listed on www.cool.osd.mil/army and does not have to be related to the Soldier's MOS
- All expenses are paid prior to course/exam start date. Soldiers who pay out of pocket will not be reimbursed
- Popular Certifications:
 - Project Management Professional (PMP)
 - Private Pilot, Airplane Single Engine
 - Certified Personal Trainer (CPT)
 - Commercial Driver License (CDL)
 - Emergency Medical Technician (EMT)
 - CompTIA A+, CompTIA Security +ce

ROTC



ELIGIBILITY CRITERIA:

- Full time student (12 or more credit hrs)
- Must complete Bachelor's Degree for commission
- Must maintain a 2.0 or higher GPA
- Pass entrance physical
- Be able to obtain security clearance
- Be a United States Citizen

How much money will I make enrolled in Military Science Courses?

MS 1

FRESHMAN

\$ Drill Pay	\$212.00
G.I. Bill	\$335.00
Kicker	\$200.00
Total/mo.	\$747.00



MS 2

SOPHOMORE

\$ Drill Pay	\$281.00
ROTC Stipend	\$420.00
G.I. Bill	\$335.00
Kicker	\$350.00
Total/mo.	\$1386.00



317-331-3974

nationalguard.com/careers/become-an-officer/rotc

EDUCATION

OCS REQUIREMENTS



- Commission prior to 42nd birthday
- Receive an interim security clearance
- Have a minimum GT score of 110
- Pass a Chapter 2 Physical
- Must have 90 college credits and actively seeking a college degree
- Commander's letter of recommendation
- 3 Courses to pick from
 - Federal OCS
 - NGB Accelerated OCS
 - State OCS



FEDERAL OCS

QUICK FACTS

- 12 weeks long
- E5 pay during Federal OCS
- Starts Every 3 Weeks
- Must have Bachelors degree

NGB OCS

QUICK FACTS

- 8 weeks long accelerated course
- E5 pay during NGB Accelerated OCS
- Starts in January and june

STATE OCS

QUICK FACTS

- Starts every June
- 13 months long (2 AT's & 13 IDT's)
- E5 pay during State OCS
- 60 college credits to start
- 90 college credits to graduate



OCS



EDUCATION

WOCS

BASIC ELIGIBILITY CRITERIA

- Army GT Score of 110 (No waiver)
- US Citizenship
- High School Graduate or have a GED
- FINAL Secret or Top Secret Security Clearance (Interim not accepted)
- Pass the ACFT (no alternate events) and meet height/weight standards
- Pass the commissioning physical for Technicians and/or the Class 1 flight physical for Aviators
- Age Requirements: Aspiring Technicians must be 46 years of age or less at the time of appointment to WO1. Aspiring Aviators must be older than 18, but not more than 32 years at the time of selection (both age requirements can be waived).

WO MOS Eligibility Criteria:

https://recruiting.army.mil/ISO/AWOR/ARMY_FEEDER/

WARRANT OFFICER CANDIDATE SCHOOL

Two main options:

1. RESERVE COMPONENT

- Five IDT weekends conducted in Indiana and a two week Annual Training period
- Classes currently begin in April and November each year and include one orientation weekend the month prior to start date

2. ACTIVE COMPONENT

- Five continuous weeks conducted at Fort Rucker
- Classes begin each month but seats are limited

*Graduates of WOCS can accept an appointment to WO1 upon graduation or take a certificate of eligibility (COE)

*Certificates of eligibility are valid for five years and are typically used by AGR Soldiers until a position becomes available.

Warrant Officer Strength Manager (WOCS)

317-557-7942

ng.in.inarnng.list.rr-team-warrant@mail.mil

WOCS

EDUCATION

SOLDIER & FAMILY READINESS CENTERS

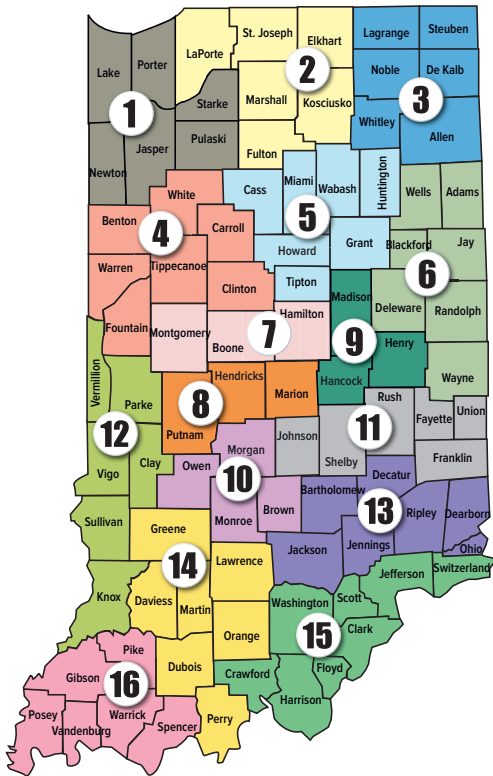


Financial Management
Crisis Intervention
Information & Referral
Benefits & Entitlements
Legal Assistance

Indiana National Guard's Soldier and Family Centers provide support to soldiers and military families for a full range of situations and problems that may arise in conjunction with military deployments or in the course of the member's service. We also provide services for veterans and for members of any branch of service.

We provide deployment and reunion briefings for all mobilizing units, and act as a one-stop shop for families looking for current, accurate information. Our Soldier and Family Readiness specialists conduct wellness calls to family members every 30 days during deployments to ensure that all family needs are being met. With 16 locations across the state of Indiana, our goal is to have 100 percent contact with every family through active outreach during a deployment.

SOLDIER & FAMILY READINESS CENTER LOCATIONS



SFRC addresses and contact information are located on the following page.

SFRC LOCATIONS

1. Gary Armory

2501 E. 15th Ave, Gary, IN 46402

Cell: 317-650-8319

Office: 317-247-3300 x 88053

2. South Bend Armory (Lead North)

1901 Kemble Ave, South Bend, IN 46613

Cell: 317-650-1334

Office: 317-247-3300 x 88854

3. Fort Wayne Armory

130 W. Cook Rd, Ft. Wayne, IN 46825

Cell: 317-650-8945

Office: 317-247-3300 x 87221

4. Lafayette Armory

5218 Haggerty Ln, Lafayette, IN 47905

Cell: 317-650-1498

Office: 317-247-3300 x 87516

5. Kokomo Armory

315 E. Markland Ave, Kokomo, IN 46902

Cell: 317-650-9409

Office: 317-247-3300 x 88179

6. Muncie Armory

401 N. Country Club Rd,

Muncie, IN 47303

Cell: 317-650-1859

Office: 317-247-3300 x 88661

7. 38th ID Armory

3912 W. Minnesota St, Indpls, IN 46241

Office: 317-247-3300 x 75252

8. Tyndall Armory

711 N. Pennsylvania St,

Indpls, IN 46204

Cell: 317-650-7750

Office: 317-247-3300 x 85449

9. Lawrence Armory

9920 E. 59th St, Indpls., IN 46216

Cell: 317-650-8412

Office: 317-247-3300 x 87697

10. Camp Atterbury (CAIN), BLD 343

5th North St, Camp Atterbury, IN 46124

Cell: 317-650-7741

Office: 317-247-3300 x 61341

11. Johnson County Armory

325 Minuteman Way, Franklin, IN 46131

Cell: 317-650-8366

Office: 317-247-3300 x 87752

12. Terre Haute Armory

3614 Maple Ave, Terre Haute, IN 47804

Cell: 317-499-6950

Office: 317-247-3300 x 88976

13. Columbus Armory

2160 Arnold St, Columbus, IN 47203

Cell: 317-650-7402

Office: 317-247-3300 x 85101

14. Jasper Armory

1481 Bartley St, Jasper, IN 47546

Cell: 317-650-1829

Office: 317-247-3300 x 87809

15. New Albany Armory

2909 Grant Line Rd,

New Albany, IN 47150

Cell: 317-650-7756

Office: 317-247-3300 x 88748

16. Evansville Armory (Lead South)

3300 E. Division St, Evansville, IN 47715

Cell: 317-650-7392

Office: 317-247-3300 x 87320



SFRCs offer a place to receive reliable information and referrals. These services are structured to include service members of any branch or component, Family Members, Retirees, and DoD Civilian Employees. Resource and Referral services include, but are not limited to:

Community Information and Referral: Provides military and civilian resources through agencies, groups, private organizations, and/or clergy to solve or assist with resolving problems.

ID Cards & DEERS: Information and assistance for eligible family members to obtain identification (ID) cards and enroll in the Defense Enrollment Eligibility Reporting System (DEERS).

TRICARE: Health and Dental: Assistance in coordinating TRICARE enrollment, claims, and issues with the nearest Health Benefits Advisor, as well as providing information on TRICARE and dental services.

Financial Management: Provide financial resource referrals. Grants are also available to eligible Service Members and Veterans.

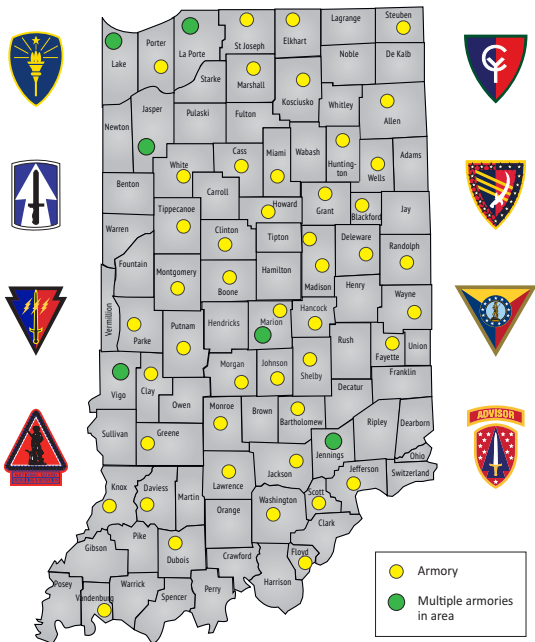
Crisis Intervention: Capable of identifying family crisis situations, and provide immediate assistance to stabilize situations, and refer to appropriate resources for assistance.

Legal Assistance: Referral to local and state legal resources for assistance with legal matters.

Emergency Family Assistance Centers: Established in times of natural or man made disasters, operating 24/7, in order to support both service and family members.

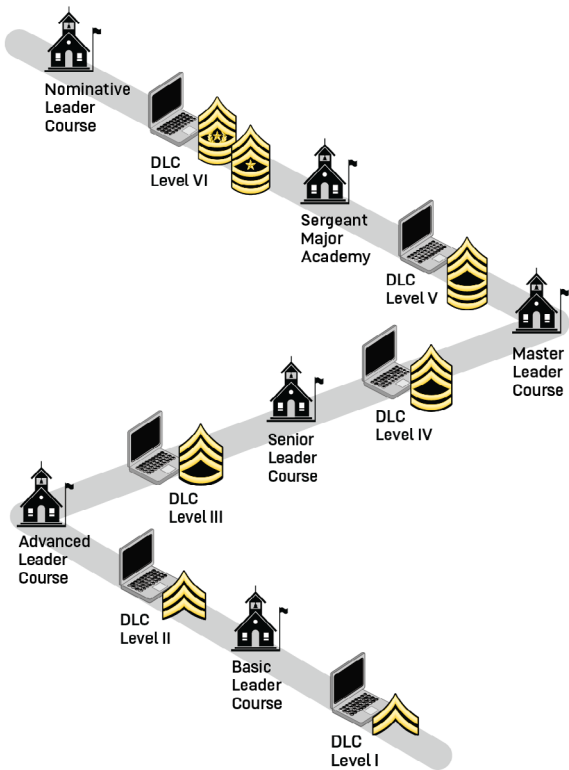
Exceptional Family Member Program: A program to assist families who have members with learning and/or medical conditions that require specific treatment facilities, we help find facilities closest to them in order to meet those needs.

TRAVEL FOR DRILL? WANT TO CHANGE YOUR MOS?



Contact your RNCO and Strength
Manager for more information

CAREER DEVELOPMENT AND LEADERSHIP TRAINING



All PME is sequential and progressive and DLC Supports Resident and Distance Learning Curriculum

TABLE 7-1

Time in grade, time in service, Distributed Leader Course, professional military education, and cumulative enlisted service for promotion board consideration

Rank	TIG	TIS	CES	DLC	PME
SGT	12 mos.	NA	NA	DLC 1	NA
SSG	18 mos.	NA	NA	DLC 2	BLC
SFC	36 mos.	8 yrs	6 yrs	DLC 3	ALC
MSG	36 mos.	12 yrs	8 yrs	DLC 4	SLC
SGM	36 mos.	16 yrs	10 yrs	DLC 5	MLC

* Reference AR 600-8-19

* Note - these standards are the minimum for eligibility for promotion

317-953-5715

INNG RESILIENCE RESOURCE TEXT LINE



1. Open the camera on your phone, hover over the QR code
2. Click on the link that appears on your screen.
3. A contact card will appear, click "SAVE" in the upper right hand corner to save the contact.

The State Resilience team presents a new Resource Text Line that allows Service Members to access any resource contact information from anywhere with a simple text.

USEFUL WEBSITES...

American Red Cross: www.redcross.org

Army Wellness Center: ng.inwellness@mail.mil

Army Knowledge Online: www.us.army.mil

Connect to help 2-1-1: www.211.org

Correspondence Courses: www.atsc.army.mil

Crisis & Suicide Intervention Hotline (National):

Phone: 1-800-273-8255

www.suicidepreventionlifeline.org

DEERS: www.dmdc.osd.mil

Defense Finance Accounting Services: www.dfas.mil

Department of Veterans Affairs, (U.S):

www.indianapolis.va.gov

Employment Support of the Guard & Reserve:

www.esgr.mil

Family Programs: www.in.ng.mil/FamilyPrograms

Indiana Benefits: www.in.gov/dva/2343.htm

Indiana Department of Veterans Affairs: www.in.gov/va

Military One Sources: www.militaryonesource.com

Sexual Assault Prevention and Response:

INARNG: 317-247-3172

Safe Helpline: 1-877-995-5247; www.safehelpline.org

RAINN: 800-656-HOPE (4673); www.rainn.org

...USEFUL WEBSITES

The Salvation Army Central Territory (Indiana):

www.centralusa.salvationarmy.org/indiana

Township Trustees (Indiana):

www.indianatownshipassoc.org

Veteran Service Officers (VSO):

www.in.gov/dva/2370.htm

**DOWNLOAD OUR
MOBILE APP**



**SCAN FOR MORE
INFORMATION**



FITNESS APPS

HEALTH & FITNESS

Army PRT
550 Cord
My Fitness Pal
WOD Generator
WOD Timer
HIT Timer
Weight tracker

RUNNING IMPROVEMENT

Nike + Run Club
Runkeeper
Map My Run-GPS
5k Runner & Trainer
Run Distance Tracker
C25K
Zombies, Run

Version 2 dated 20210901



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