RULES & INFO

**EVENT DATE:** Saturday, May 3rd

**REGISTER BY:** Sunday, April 27th

Register in-person on Camp Shields at Island Bean Café

 Register in-person or over the phone at Torii Fitness Center: 098-962-4334

**LOCATION:** Check-in at Camp Shields Crow’s Nest Club

Start at Camp Shields Football Field, Finish at Torii Beach

**ENTRY FEE:** $30 per person, includes breakfast burrito, T-shirt, event medal, and more!

**BIB PICK-UP:** Early check-in/bib pick-up will be available starting at noon on Wednesday, April 30 at Camp Shields Fitness Center. Same day pick-up will start at the check-in times listed below.

**HEAT 1 CHECK-IN:** 0530 **HEAT 2 CHECK-IN:** 0600

**HEAT 1 START TIME:** 0600 **HEAT 2 START TIME:** 0630

- Route: <https://www.mapmyrun.com/routes/view/6002523802>

- You will be assigned to Heat 1 or Heat 2 via email by April 30th. If you have not received an email with your heat assignment by April 30th, please reach out to one of the contacts below to confirm your spot.

- There will be a pre-race shuttle for those who want to have their cars parked at Torii Station (ideal for anyone who may want to leave immediately after finishing). Please scan the QR code on the back for location details.

- If you checked YES to the pre-race shuttle at Torii:

- HEAT 1 Check-in for the shuttle starts at 05:00 at the Torii Beach Upper Parking Lot and it will depart promptly at 05:20.

- HEAT 2 Check-in for the shuttle starts at 05:30 at the Torii Beach Upper Parking Lot and it will depart promptly at 05:50.

- If you are parking at Camp Shields, please park POVs at Crow’s Nest Club or Fitness Center Parking Lot. Do NOT park on the Grinder. Please scan the QR code on the back for location details.

 - A post-race shuttle will be available after the event to take you back to Camp Shields if needed. Those who choose to stay after last call for the shuttle will be responsible for their own transportation back to Shields.

- Have your CAC, spouse, or dependent ID! You will be entering and exiting Camp Shields and Torii Station for this event. You MUST present your base ID when entering each base.

- You’ll receive your bib at check-in and your prize bag at the finish line (including shirt).

- Please become familiar with the route so you don’t get lost in case our signs fall over or blow away! (Scan QR code for route and parking maps.)

- We are not blocking off any traffic for this event. Please watch for vehicle and pedestrian traffic in driveways and intersections along the route.

- Please obey all traffic laws, (stop at cross walks and yield to vehicles when required).

- Stay on sidewalks and please be mindful that some areas may be narrow or have debris.

- There will be water stations approximately every 1-1.5 miles. Stay hydrated!

- At the finish line:

* You will receive your swag bag with your t-shirt and event medal.
* You will be able to enter into a prize drawing. The drawing will be conducted at 08:30 or once the last runner finishes (whichever comes first). You must be present to win.
* Themed photo opportunities.
* Breakfast burritos!

- Check weather and wear sunscreen, rain jacket, etc. as appropriate.

**Torii Fitness Center: 098-962-4334**

Lisa.A.Kennedy27.naf@army.mil

James.B.Holbert2.naf@army.mil

**Shields Fitness Center: 098-962-5091**

Michael.K.Griffith2.naf@us.navy.mil

Tera.L.Driewer.naf@us.navy.mil

FAQ

Q: Can I run with my dog?

A: Service dogs are the only pets permitted and must be marked accordingly.

Q: Can I participate in the event without paying?

A: Ages 3 and under may participate for free (without shirt). All participants 4 and over MUST pay to participate.

Q: Is the route stroller friendly?

A: This route can be run with strollers. Please note, however, that some areas may be narrow or uneven.

Q: Is there an awards ceremony?

A: Since we are not closing off roads for this event and participants are required to stop at crosswalks that will be affecting their finish time, awards will not be given at this event. However, there will be a prize drawing conducted at approximately 08:30 or once the last runner has finished, whichever comes first.

Q: How does the prize drawing work?

A: Your bib will have a tear-away tag that allows you to enter it in a raffle box of your choice to win a prize. If your number is called, you will need to show your bib with the corresponding number to claim your prize.

Q: If I am not able to stay for the prize ceremony but my number is drawn, will I be able to receive my prize?

A: You must be present to win the prize drawing.