NAS I
RUNNING MAP

- Hydrate
- Be attentive and make yourself visible
- Observe traffic laws and off-limit areas
- Run with others
- If alone, bring a cell phone
- Adhere to the weather flag conditions/restrictions
- Runners with pre-existing medical conditions are encouraged to obtain medical guidance/clearance prior to participation.
- On-Base Emergencies Call: 911 or 095-86-1911

* APPROXIMATE DISTANCES

- HUGE LOOP = 2 Miles*
- WIDE LOOP = 0.75 Miles*
- MIDTOWN LOOP = 0.5 Miles*
- ANNEX FIELD PERIMETER = 0.5 Miles*
- HOSPITAL ROAD = 0.5 Miles*
- DODDS TRACK = 1 Mile = 5 laps inside lane
- STEPS TO CO ROW = 0.06 Miles*

DODDS Track is off limits during school hours

* APPROXIMATE DISTANCES
Hydrate
- Be attentive and make yourself visible
- Observe traffic laws and off-limit areas
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- Adhere to the weather flag conditions/restrictions
- Runners with pre-existing medical conditions are encouraged to obtain medical guidance/clearance prior to participation.
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* APPROXIMATE DISTANCES

<table>
<thead>
<tr>
<th>Route</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>FUEL TANKS</td>
<td>0.5 Miles*</td>
</tr>
<tr>
<td>WIDE LOOP</td>
<td>7.2 Miles*</td>
</tr>
<tr>
<td>MIDDLE LOOP</td>
<td>5.6 Miles*</td>
</tr>
<tr>
<td>LITTLE LOOP</td>
<td>1.5 Miles*</td>
</tr>
<tr>
<td>HAZMIN LOOP</td>
<td>1.5 Miles*</td>
</tr>
<tr>
<td>START</td>
<td></td>
</tr>
<tr>
<td>FINISH</td>
<td></td>
</tr>
</tbody>
</table>

NO FORMATION RUNNING ON MAIN ROAD 0700-0800 OR 1530-1630