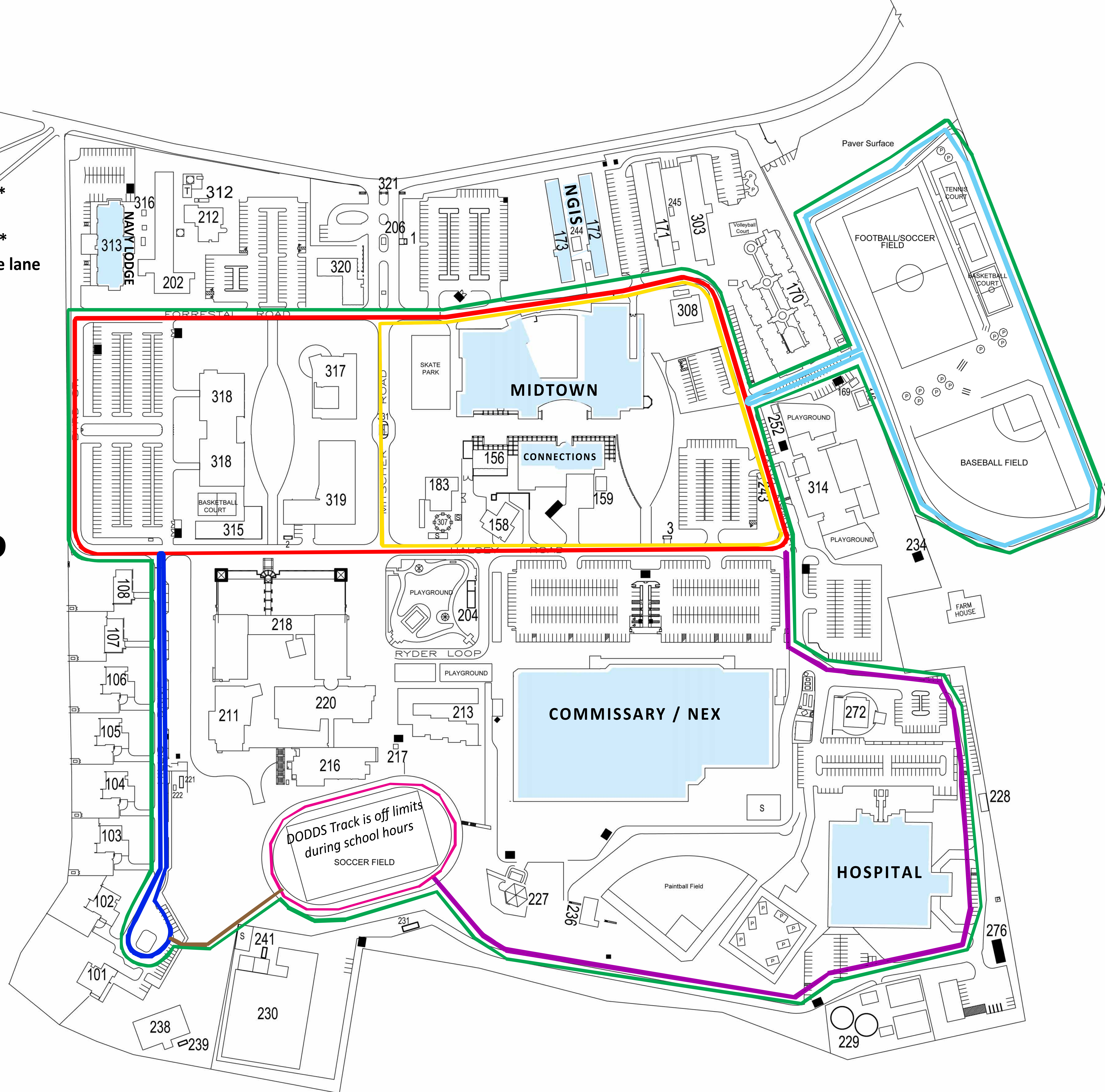


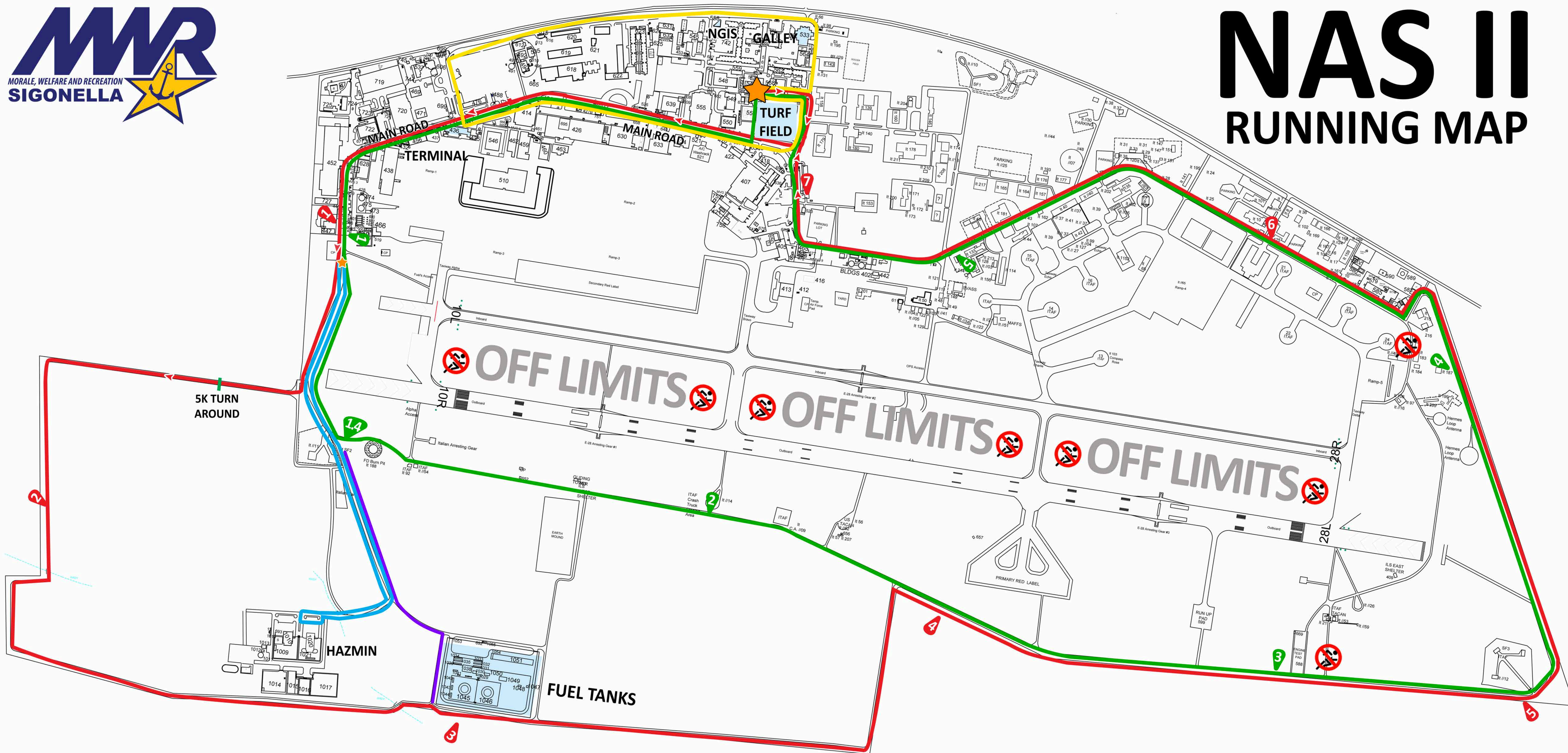
- HUGE LOOP = 2 Miles*
- WIDE LOOP = 0.75 Miles*
- MIDTOWN LOOP = 0.5 Miles*
- ANNEX FIELD PERIMETER = 0.5 Miles*
- HOSPITAL ROAD = 0.5 Miles*
- DOWN CO ROW & BACK = 0.35 Miles*
- DODDS TRACK = 1 Mile = 5 laps inside lane
- STEPS TO CO ROW = 0.06 Miles*

* APPROXIMATE DISTANCES

NASI 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**





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-  FUEL TANKS = 0.5 Miles*
-  WIDE LOOP = 7.2 Miles*
-  MIDDLE LOOP = 5.6 Miles*
-  LITTLE LOOP = 1.5 Miles*
-  HAZMIN LOOP = 1.5 Miles*
-  START
-  FINISH
-  MILES

* APPROXIMATE DISTANCES

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