



10NM - JUNE 3, 2018

SECURITY
 Naval Support Activity Security along with other local, state, federal law Enforcement agencies will conduct security operations during the 10NM race events in an effort to provide an enhanced level of safety to athletes, spectators, staff and volunteers.

Part of the race will go through the secure (fenced) part of the base. To gain access to this part of the race, runners will need to be registered and wearing their bib number on the FRONT of their shirts, so that Security personnel can see them.

Absolutely no "bandits" will be permitted to run this portion of the race, not even a military ID will gain you access past Security through this particular gate.

PROHIBITED ITEMS
 Unregistered runners, unauthorized vehicles, bicycles, skateboards, in-line or roller skates, **baby joggers or strollers**, and all animals are strictly prohibited on the course to ensure runner safety.

Use of headphones is prohibited onboard the Naval installation.

No bags of any size or type (including backpacks) will be allowed on the course. Camelbak packs will be allowed.

RESTROOMS AND HAND WASHING STATIONS
ALL RESTROOM FACILITIES ARE OUTSIDE
 Every aid station has porta potties. There are also porta potties and hand washing stations near start/finish line.

10 NAUTICAL MILES = 11.508 MILES / 19KM
 Time limit to complete the race is 4 hours.

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| COURSE | | START | | FIRST AID | | AID STATIONS | |
| SIDE STREETS | | FINISH | | NAUTICAL MILE | | ALL STATIONS WILL HAVE WATER AND PORTA POTTY | |
| HIGHWAY | | EXPO | | | | | |

Course elevations: lowest 259 ft / highest 308 ft.



**MILLINGTON
 TENNESSEE**