SHIELDS TO TORII 10K

EVENT DATE: Saturday, May 3rd
REGISTER BY: Sunday, April 27th
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!

HEAT 1 CHECK-IN:	0530	**HEAT 2 CHECK-IN:**	0600
HEAT 1 START TIME:	0600	**HEAT 2 START TIME:**	0630

Rules and other information:

- 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.

- 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. Possible prizes include LEGOs, Ryukyu Kings basketball tickets, and other themed prizes.
- Themed photo opportunities.
- Breakfast burritos!

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

- Have FUN!!!

Scan for route, parking maps, and FAQ

For additional questions, please contact:

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

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REGISTRATION FORM

*Please read through rules thoroughly to select the correct shuttle request. Ensure you print legibly.

Name (Last, First): _____   Command: _____   Shirt Size: _____

E-Mail: _____   Active Duty: **Yes / No**

Estimated Run Time: **< 60 min   60-75min   /   76-90min   >90 min**

Pre-race Shuttle from Torii to Shields:	**Yes / No**	**Phone** (circle one)
Post-race Shuttle from Torii to Shields:	**Yes / No**	Japanese # WhatsApp Line
Vegetarian Breakfast Burrito:	**Yes / No**	_____

Additional Runners:

Name (Last, First)	Shirt Size	Pre/Post Race Shuttle	Email (if different)	Active Duty?	Vegetarian	Estimated Run Time
		Pre / Post / None		Yes / No	Yes / No	<60 min / 60-75min / 76-90min / >90 min
		Pre / Post / None		Yes / No	Yes / No	<60 min / 60-75min / 76-90min / >90 min
		Pre / Post / None		Yes / No	Yes / No	<60 min / 60-75min / 76-90min / >90 min
		Pre / Post / None		Yes / No	Yes / No	<60 min / 60-75min / 76-90min / >90 min

OFFICIAL USE ONLY

Receipt #:_____   Staff Initial:_____   Participant(s) #_____