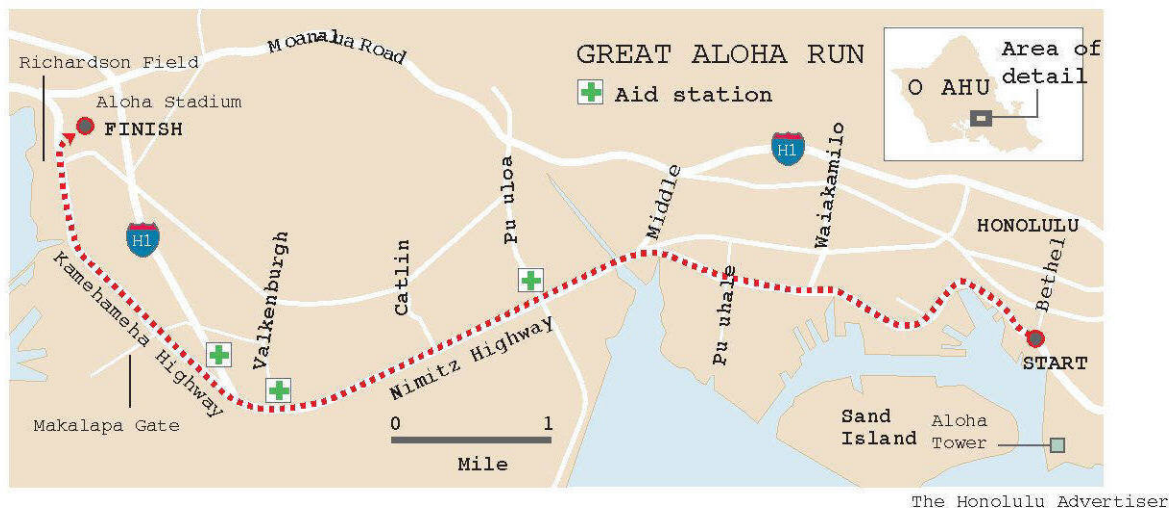


SOUNDS OF FREEDOM RACE DAY INSTRUCTIONS

MONDAY, FEB. 20TH, 2012

Course:

The 8.15 mile, relatively flat course, starts at Aloha Tower in Downtown Honolulu, winds its way along the historic Honolulu Harbor, down Nimitz Highway, Kamehameha Highway and into the Aloha Stadium. The finish line is the back goal line of the north end zone on the stadium floor.



Bib Numbers:

- It is mandatory that every participant in the SOF Great Aloha Run wear a bib number. These will be handed out to you, with your pins, the morning of the Great Aloha Run when you get onto the bus to the start line. Please wear your bib number on the front of your shirt. Safety pins will also be handed out to you. Fill out medical and emergency info on the back of the bib number.

Transportation:

(Pre-race)

- Buses at various locations on military installations will be provided for Sounds of Freedom runners. Anyone participating in the individual division (spouses, dependants, civilians) may not use this transportation; it is exclusively for service members running in formation. Do not try to drive your POV to the start line. All of the roads in the area will be closed and policed by HPD. Parking at the stadium, and taking the bus provided the general population to the start line would get you to the wrong start line. The staging area for Sounds of Freedom (0400-0605) is at the end of Punchbowl (Nimitz). Arriving there late and trying to find your unit can be confusing for everyone. Units are encouraged to stay together and take the transportation provided.
- Pack light - There is no storage on the buses. Once you're on the bus, expect to carry everything on your person the duration of the event. Once the buses are finished dropping all SOF participants, they go to the stadium to pick up all other GAR participants.
- Keep the buses clean - There are trash cans on the buses; please use them.

(Post Race)

- Buses will run continuously back to your installations points of pick up starting at 0900. Buses are located at designated areas in the Stadium parking lot. Be sure to double check where the bus is going to ensure you arrive at the correct location.

Start Line:

- Please leave your designated pick up areas at the scheduled time. Arriving at the capitol building late complicates the order of march. Look for Army NCOIC at the capitol building and listen to their instruction. There are 1000s of service members participating in the Sounds of Freedom and its important this event is coordinated properly. Forming up at the capitol building, getting in the proper order of march, moving to the end of punchbowl, transitioning to the start line (0605), and starting the race are all specific to the Sounds of Freedom division.
- Latrines and water will be available at the staging area towards the end of Punchbowl and Nimitz.
- Start time for SOF is 6:53am sharp.
- Straggler control will be at water stations 1 (3mi), 2 (5mi), and 3 (7mi). For those unable to finish the race, please tell medical personnel or someone at one of these stations.
- Expect a 10 minute mile pace – give or take two minutes.
- Keep formation to the left side of the road and no more than 4 abreast (3+1). At Nimitz Hwy + Waiakamilo Rd the Sounds of Freedom division merges with the general population. You will merge right but be sure to keep to the LEFT side of the road. When you enter the stadium, you will also go left towards the sounds of freedom area. Please keep left and keep moving.
- Also, recommend all service members wear uniform PT Gear and reflective belt. Civilians or people that do not look like they fit into the formation will stick out.

Finish Line:

- When entering the stadium, please keep to your left. Once you enter the stadium field, the SOF finish line is to the left. Please do not enter the Individual participation finish line.
- There will be food, water and finisher t-shirts at the finish line.
- Find your units designated buses located at the Stadiums Kam parking lot. Be sure to double check where the bus is going to ensure you arrive at the correct location.

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