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MEDIA ALERT

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Camp Robinson hosts Be Your Best Day, Saturday, Sept 21 *~ Free, family friendly, Open House event that showcases Arkansas Nat'l Guard*

WHO: The Arkansas Army National Guard

WHAT: Hosts Be Your Best Day

WHEN: Saturday, Sept. 21; gates open from 6:00 a.m. to 3:00 p.m.

WHERE: Camp Joseph T. Robinson, 378 Military Drive, North Little Rock, Ark.

WHY: To showcase military equipment, military service and the capabilities Soldiers and Airmen bring to the state, as well as, to inform and educate Arkansans about the Arkansas Army and Air National Guard and the career opportunities available.

Admission and parking is free. Events include: a cross country 5-kilometer race, a high school Junior ROTC drill competition, interpretive static displays that illustrate career opportunities in the Arkansas Army and Air National Guard, and a fire team demonstration. Additionally, there will be a children's play area and food trucks with refreshments available for purchase.

Gates open at 7:30 a.m. A 5K cross county open race begins at 8:15 a.m. A high school cross country race begins at 9 a.m. The Junior ROTC drill competition begins at 9 a.m., and the fire team demonstration begins at Noon. The day concludes at 3 p.m.

Entrance to Camp Robinson for everyone will be through the main gate located near the intersection of Donovan Briley Boulevard and Military Road. The GPS address to Camp Robinson's main gate is 378 Military Road, North Little Rock.

To keep a safe environment for all attending the Be Your Best event **the following items are prohibited:** weapons of any type to include but not limited to privately owned firearms, knives, box cutters, razors or any other sharp items, blunt objects, brass knuckles, mace, pepper spray or any other objects considered a weapon; multi-purpose tools (i.e. Gerber/Leatherman), coolers, backpacks, briefcases, large bags and packages (except for runners/schools/vendors participating in the 5k or the Be Your Best Event), alcoholic beverages, drugs and drug paraphernalia (to include medical marijuana), glass containers, pets (legitimate service animals are authorized), bicycles, skateboards, hover boards and roller blades, drones, handheld laser pointers, wagons (Radio Flyer type) or canopies and tents.

Attendees are encouraged to bring: lawn chairs, sunscreen, and snacks. Handicap parking is available for vehicles with appropriate tags. Attendees should consider that much of the area is grassy and uneven, and may not be suitable for wheelchairs or those who are unsteady on their feet.