You will find that destroying everything in the prison will be useful. You should find quite a few GSI prisioners. When every Nod unit in the prison base is dead they will wait by the gate. Then you can release them and they will draw enemy fire. Then(sticking to low ground is surprisingly best) head forward and run for the tunnel. Once on the other side the Nod re-enforcements aren't a problem-they still appear behind you. Take out the turrets and go into the facility.