



DEPARTMENT OF THE ARMY
US ARMY INSTALLATION MANAGEMENT COMMAND
HEADQUARTERS, UNITED STATES ARMY GARRISON, FORT BELVOIR
9820 FLAGLER ROAD, SUITE 213
FORT BELVOIR, VIRGINIA 22060-5928

REPLY TO
ATTENTION OF

IMBV-T

26 June 2014

MEMORANDUM FOR All Fort Belvoir Personnel

SUBJECT: Fort Belvoir Policy Memorandum #16, Use of Fort Belvoir Roads for Physical Training and Individual Jogging/Running

1. REFERENCES.

- a. Army Regulation 385-10 (The Army Safety Program), 27 November 2013.
- b. Army Regulation 670-1 (Wear and Appearance of Army Uniforms and Insignia), 31 March 2014.
- c. Fort Belvoir Regulation 190-5 (Directorate of Emergency Services Uniform Traffic Regulation), 29 August 2013.
- d. Memorandum, US Army Military District of Washington, Joint Force Headquarters-National Capital Region (ANPE-OS), 1 July 2013, subject: Policy Letter-Physical Training-Memorandum #12.

2. PURPOSE. Prescribe policy for formation runs and individual running/jogging on Fort Belvoir.

3. APPLICABILITY. This policy pertains to all military and civilian personnel who use Fort Belvoir roadways for physical training.

4. POLICY. All personnel on Fort Belvoir will adhere to this policy to ensure the safe conduct of physical training. All requests for unit formation runs, physical training (PT) or PT testing involving Fort Belvoir roads will be submitted to the Directorate of Plans, Training, Mobilization and Security (DPTMS), usarmy.belvoir.imcom-northeast.list.fb-dptms-distribution@mail.mil or 703-805-4002 for approval.

5. PROCEDURES.

- a. Military units/personnel will:
 - (1) Submit run route for approval to DPTMS Installation Training Office for formations involving over 40 personnel.
 - (2) Conduct physical training in formations not exceeding the width of one traffic lane.
 - (3) Post road guards in front, rear and flanks of formations consisting of 10 or more personnel. Road guards will alert approaching vehicular traffic and will stop traffic at intersections. Road guards will wear reflective vests and be at least 25 meters ahead of and behind the formation. During hours of limited visibility, road guards will carry wand flashlights.

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(4) Ensure cadre, cadence caller and other personnel running alongside the formations do not obstruct the flow of oncoming traffic in the oncoming lane. Formations have the right-of-way over vehicular traffic, except for emergency vehicles responding to emergencies. Formation leaders will assist vehicles in safely passing formations.

(5) Completely clear roadways when emergency vehicles approach while actively responding to an emergency.

(6) Post road guards when running in ability groups. Road guards will adhere to the requirements set forth in paragraph 5a (3) above.

(7) Ensure all Soldiers running in formation wear reflective vests or belts at all times. When Soldiers wear the Improved Physical Fitness Uniform (IPFU) they will wear reflective belt diagonally from right shoulder to left hip. When Soldiers do not wear the IPFU jacket, they will wear reflective belts around their waist.

(8) All Soldiers will wear the IPFU while participating in physical fitness training on or off post during the hours of 0630-0830.

b. Individual joggers/runners will:

(1) Ensure no more than two people run abreast on sidewalks or authorized roadways.

(2) Use crosswalks and sidewalks, where available. Subject to paragraph 5d, where sidewalks are not provided, personnel will run or jog on the side of the roadway facing oncoming traffic and will yield the right of way to all vehicle traffic.

(3) Wear a reflective vest or belt at all times.

(4) Not use headphones/earphones while exercising (jogging, running, or walking) on roadways or sidewalks. Personnel may wear headphones conducting physical training only on enclosed running tracks or inside gymnasiums or field houses.

(5) Adhere to Fort Belvoir Regulation 190-5 and the pedestrian laws of the Commonwealth of Virginia. Vehicles must stop for pedestrians in crosswalks; however, pedestrians must not move into the path of a vehicle that is so close that it is impractical or unsafe for the driver to yield.

c. Roadways are designed primarily for vehicular traffic. Sidewalks, enclosed tracks and open fields are recommended for physical training.

d. Prohibited times, activities and areas.

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(1) Units may not conduct formation runs along Belvoir Road or Gunston Road during the hours of 0730-0900, 1100-1300 and 1500-1730.

(2) Units may not conduct formation runs along Pohick Road, Mount Vernon Road, State Route 613, State Route 617, State Route 618, and US Highway 1 at any time.

(3) Units may conduct formation runs through post housing areas; however, cadence calling while in the housing area is UNAUTHORIZED. Unit leadership must make every effort to avoid disturbing housing area residents.

(4) Individuals conducting physical training along Belvoir Road or Gunston Road must remain on the sidewalks at all times.

e. When passing troops in formations, vehicles must not exceed 10 MPH.

f. Unit and organization, to include DFMWR, competitive running events using Fort Belvoir roads must be coordinated and approved in advance by the Directorate of Plans, Training, Mobilization, and Security (DPTMS).

6. PROPONENT. The proponent for this policy is the Directorate of Plans, Training, Mobilization, and Security Training Office at (703) 805-4002 or DSN 655-4002.


MICHELLE D. MITCHELL
Colonel, AG
Commanding