



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

IMNE-BEL-PL

4 November 2010

MEMORANDUM FOR US Army Fort Belvoir Garrison Personnel

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

1. REFERENCES.

- a. Army Regulation 385-10, Army Safety Program, 23 August 2007 (Rapid Action Revision, 7 November 2008).
- b. Army Regulation 670-1, Wear and Appearance of Army Uniforms and Insignia, 3 February 2005.
- c. Fort Belvoir Regulation 385-10, Fort Belvoir Safety Program, 1 August 2000.
- d. Virginia Public Private Transportation Act (PPTA) § 56-556 et seq. of the Code (1995).

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 and/or jogging/running.

4. POLICY. All personnel on Fort Belvoir will adhere to this policy to ensure safe co-use of roads with vehicular traffic. 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 at dptmsbelvoirttraining@conus.army.mil or 703-805-5362 for approval.

5. PROCEDURES.

a. Military units/personnel will:

(1) Submit run route for approval to DPTMS Installation Training Office for formations over 40 people.

(2) Post road guards to the front and rear of the formation with the required number of flanking road guards to alert vehicular traffic to slow down. Road guards will be at least 25 meters ahead and behind of the formation, and will wear reflective vests. Road guards will be used to block traffic at intersections. During hours of darkness, road guards will carry wand flashlights. Formations will not exceed three-wide rows and may not extend past one traffic lane.

“LEADERS IN EXCELLENCE”

IMNE-BEL-PL

SUBJECT: Fort Belvoir Policy Memorandum #16, Use of Fort Belvoir Roads for Physical Training

(3) Ensure cadre, cadence caller and other personnel running alongside the formation do not obstruct the flow of oncoming traffic in the opposite lane. Troops in formation have the right-of-way over vehicular traffic, except in the case of emergency vehicles. Formation leaders will assist vehicles in safely passing the formation.

(4) Completely clear the roadways when emergency vehicles, responding to an emergency with emergency lights on, are approaching.

(5) Post roads guards when running in ability groups. Road guards will adhere to the requirements set forth in paragraph 5a(2), above.

(6) Ensure all Soldiers running in a formation wear reflective vests or belts at all times. When the Improved Physical Fitness Uniform (IPFU) jacket is worn troops will wear reflective belt diagonally from right shoulder to left hip and around the waist when wearing summer IPFU T-shirt without the IPFU jacket. Commanders are responsible for ensuring that running formations have adequate visibility while conducting PT formations on Fort Belvoir.

b. Individual joggers/runners will:

(1) Wear a reflective vest or belt at all times while running or jogging on the installation. The vest or belt must be visible from the front and rear and unobstructed by clothing or equipment.

(2) The use of headphones and personal stereos are prohibited for all personnel when running along roadways to include sidewalks. The use of headsets and personal stereos while in physical fitness uniform is prohibited IAW AR 670-1, paragraph 1-9. Headphones may be worn by individual runners/joggers not in Army PT uniform only when running or jogging at the field tracks, running/jogging paths, or inside gymnasiums or field houses.

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

(4) Ensure while using authorized roadways, run facing oncoming traffic and yield to vehicular traffic prior to crossing roads. Where paths or sidewalks are not available, road berms or shoulders will be used.

(5) Yield the right-of-way to all vehicles.

(6) Obey the Commonwealth of Virginia pedestrian traffic rules. Vehicles must stop for pedestrians in crosswalks; however, pedestrians must yield to vehicles entering intersections and crosswalks ahead of them.

IMNE-BEL-PL

SUBJECT: Fort Belvoir Policy Memorandum #16, Use of Fort Belvoir Roads for Physical Training

c. Roadways are designed primarily for vehicular traffic. The use of sidewalks, PT tracks and open fields are recommended.

d. Prohibited Jogging/Running Areas:

(1) Units and individuals will not run on Belvoir Road or Gunston Road during the hours of 0730-0900, 1100-1300 and 1500-1730. However, joggers may run on sidewalks or on the grass along the roads mentioned above. There is a greater risk of injury when running adjacent to streets containing access control points during rush hour.

(2) Pohick Road, Mount Vernon Road, State Routes 613, 617, 618, and U.S. Highway 1, may not be used for unit runs.

(3) Units and/or formation runs may run through post housing areas; however, cadence calling while in the housing area is UNAUTHORIZED. Every effort will be made not to disturb the residents in the housing areas. Unit leadership is responsible for noise discipline.

e. All motorists will pass troop PT formations at a speed of no more than 10 MPH.

f. Unit/organization competitive running events using installation's streets and roads, to include DFMWR sponsored events, must be coordinated and approved in advance by the Directorate of Plans Training Mobilization and Security (DPTMS).

6. Proponent for this policy is DPTMS Training Office, 703-805-5362.


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Commanding