



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

3 October 2012

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, 23 August 2007 (Rapid Action Revision, 4 October 2011).
- b. Army Regulation 670-1, Wear and Appearance of Army Uniforms and Insignia, 3 February 2005 (Rapid Action Revision, 11 May 2012).
- c. 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 (DPTMS), joseph.a.mcmullen3.civ@mail.mil or 703-805-5239 for approval.

5. PROCEDURES.

- a. Military units/personnel will:
 - (1) Submit run route for approval to DPTMS Installation Training Office for formations of over 40 personnel.
 - (2) Formations will not exceed three-wide rows and may not extend past one traffic lane.
 - (3) Post road guards in front and rear of the formation with the required number of flanking road guards to alert vehicular traffic to slow down. Road guards will wear reflective vests and be at least 25 meters ahead and behind the formation. Road guards will be used to stop traffic at intersections. During hours of darkness, road guards will carry wand flashlights.

“LEADERS IN EXCELLENCE”

IMBV-T

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

(4) 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.

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

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

(2) 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.

(3) Wear a reflective vest or belt during hours of limited visibility 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.

(4) The use of headphones by individual joggers/runners or personnel conducting outdoor physical activities is prohibited when on any Fort Belvoir roadway, sidewalk, or trail. The only places headphones are authorized for use while conducting physical training/activities is on the running track or inside gymnasiums or field houses.

(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.

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

IMBV-T

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

d. Prohibited Areas. Units and individuals will not run on Belvoir Road or Gunston Road during the hours listed below, or on other roads mentioned below. 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.

(1) Units and individuals will not run on Belvoir or Gunston Road during the hours of 0730-0900, 1100-1300 and 1500-1730.

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

(3) Units and/or formation runs may run thru 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 adhere to posted speed limit signs and will pass troop formations at a speed NTE 10 MPH.

f. Unit/organization competitive running events using the 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. The proponent for this policy is the Directorate of Plans, Training, Mobilization, and Security Training Office at (703) 805-5239 or DSN 655-5239.



GREGORY D. GADSON
Colonel, FA
Commanding