



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS, U. S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL
AND FORT SAM HOUSTON
2250 STANLEY ROAD
FORT SAM HOUSTON, TEXAS 78234-6100

AMEDDC&S Policy Memo 09-012

MCCS-GAA

25 August 2009

Expires: 25 August 2011

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Formation Running and Jogging Policy

1. References.

- a. AR 385-10, Army Safety Program, 27 August 2007.
- b. AR 670-1, Wear and Appearance of Army Uniforms and Insignia, 3 February 2005.
- c. Texas Transportation Code, Sections 552.001-552.009, 2005.

2. Purpose. To establish formation and running policies for US Army Medical Department Center and School (AMEDDC&S) units on Fort Sam Houston (FSH).

3. Proponent. The proponent for this policy is the Safety Office, AMEDDC&S, 221-6782.

4. Policy.

- a. Running routes are highlighted at Enclosure 1.
- b. Harney, Williams, W.W. White, and Nursery Roads on FSH are known as "the loop." Approximately 3,000 Soldiers use the loop for PT during the early morning hours, Monday through Friday. Vehicles, other than personnel reporting to the elementary school, golf course maintenance facility, and dining facility are prohibited from driving on the loop during the hours of 0530-0630. The Director of Emergency Services will issue special passes to these personnel. Formations will utilize road guard equipment with reflective vests and flashlights. Trained guards provided by the 32d Medical Brigade must be located at all key intersections to control vehicle traffic. Commanders have the option to vary the running route over portions of the loop, as construction may limit complete access.
- c. North Stanley Road (beginning at the Harney Road intersection) is also closed to traffic from 0530-0630, Monday through Friday, for unit PT. Traffic may cross Stanley Road during these hours only at Schofield and New Braunfels. Formations will utilize road guard equipment with reflective vests and flashlights. Guards provided by the 32d Medical Brigade must be located at all intersections to control vehicle traffic.

5. Responsibilities.

a. Military personnel participating in PT will observe the following:

- (1) Formations running on FSH are restricted to the approved routes in paragraph 4.
- (2) Road guards will be posted to the front and rear of the formation to alert vehicular traffic to slow down. Road guards will be at least 25 meters ahead and behind of the formation. Road guards will wear reflective vests and will carry cone lights during the hours of darkness.
- (3) During PT, runners must completely clear the roadways when emergency vehicles with flashing lights are approaching.
- (4) When running in ability groups, there will be a minimum of two Soldiers in the group to serve as the running road guards to replace current road guards at intersections. Road guards will adhere to the requirements set forth in paragraph 5b.
- (5) All Soldiers who are running in a formation or individually during a period of limited visibility, to include hours of darkness, will wear reflective vests or belts (worn diagonally from right shoulder to left hip or around the waist) as part of their PT uniforms. The vest or belt must be visible from the front and rear and unobstructed by clothing and equipment. Commanders are responsible for ensuring that running formations have adequate visibility while conducting PT formations on FSH.
- (6) Running in parking lots is not permitted.

b. Joggers/runners running on their own will observe the following:

- (1) No more than two people may run abreast on sidewalks or authorized roadways.
- (2) When using authorized roadways, run facing oncoming traffic and yield to vehicular traffic prior to crossing roads.
- (3) All personnel will wear a reflective vest or belt (worn diagonally from right shoulder to left hip or around the waist) during limited visibility, to include hours of darkness, 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) Joggers will wear a shirt or other type of garment to cover their upper body when running on the installation.
- (5) Wearing headsets, of any type, while running on installation roads is prohibited. Headsets may be worn while running on off-road track areas. Headsets and personal stereos are

MCCS-GAA

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prohibited when wearing the physical fitness uniform, at all times, in accordance with AR 670-1, paragraph 1-9(a)(2)(b).

(6) Joggers/runners must yield the right-of-way to all vehicles.

(7) Pedestrian traffic rules for the State of Texas apply to individual joggers/runners. Vehicles must stop for pedestrians in crosswalks; however, pedestrians must yield to vehicles entering intersections and crosswalks ahead of them.

6. Procedures.

a. Roadways are designed primarily for vehicular traffic. Runners/joggers are encouraged to use sidewalks, PT tracks, closed run routes, and open fields.

b. Prohibited Jogging/Running Areas. Jogging or running on Stanley, Dickman, Artillery Post, Winans, Wilson, Scott, North New Braunfels, Harry Wurzbach, Schofield, and George Beach Drive Roads is prohibited (except when running the designated run routes per paragraph 4 above during the hours of 0530-0630). However, joggers may run on sidewalks or on the grass along the roads mentioned above.

c. All motorists will adhere to posted speed limit signs, except when passing troop formations which will be at 10 miles per hour.

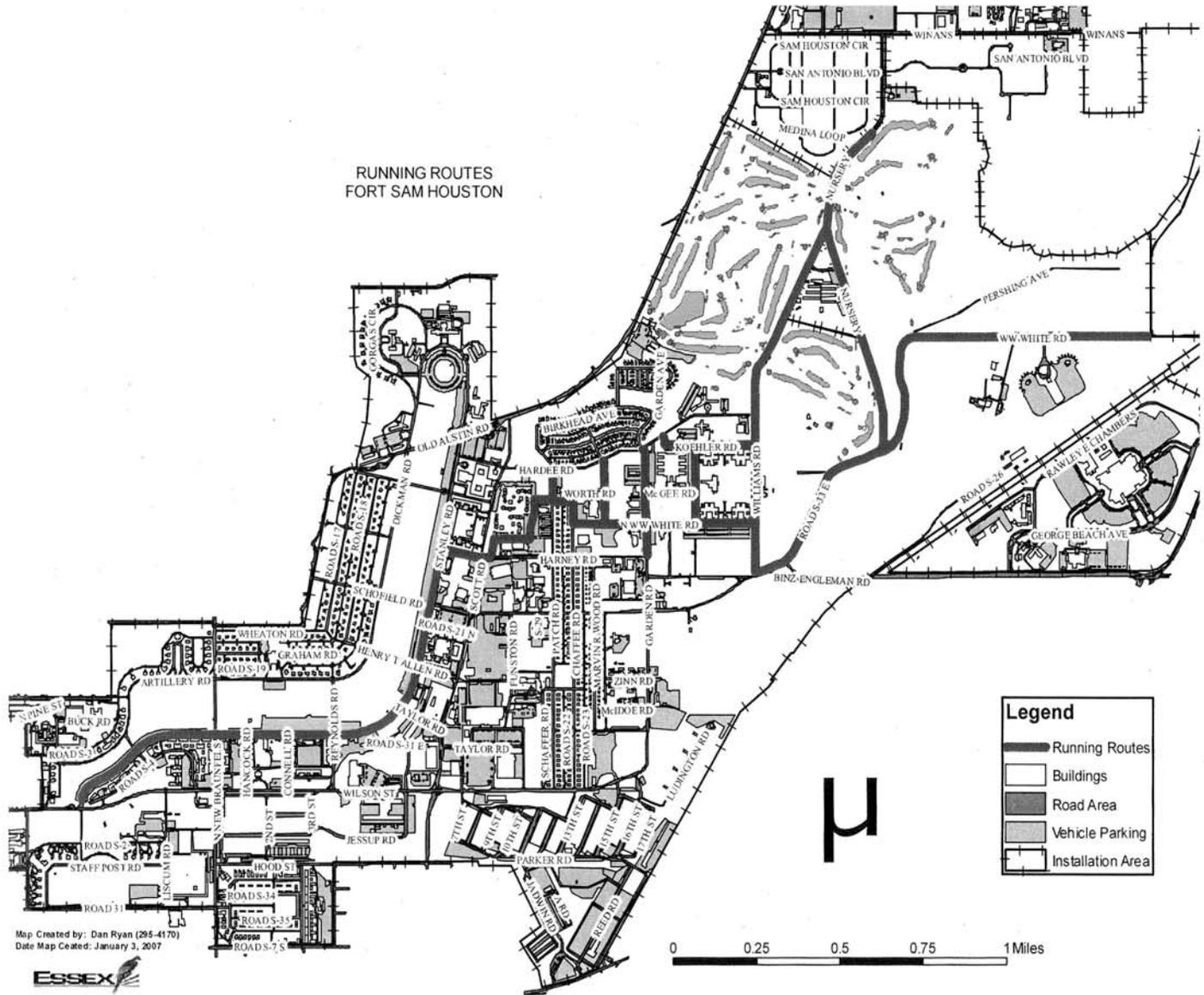
d. This policy does not apply to Morale/Welfare/Recreation-sponsored running events. These events will be coordinated and planned to ensure the safety of all participants.

Encl
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DISTRIBUTION:
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RUNNING ROUTES
FORT SAM HOUSTON



Legend

- Running Routes
- Buildings
- Road Area
- Vehicle Parking
- Installation Area

0 0.25 0.5 0.75 1 Miles

Map Created by: Dan Ryan (295-4170)
Date Map Ceated: January 3, 2007



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