



DEPARTMENT OF THE ARMY
US ARMY INSTALLATION MANAGEMENT COMMAND
HEADQUARTERS, UNITED STATES ARMY GARRISON
4551 LLEWELLYN AVENUE, SUITE 5000
FORT GEORGE G. MEADE, MARYLAND 20755-5000

OCT 21 2015

IMME-PLT

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Fort George G. Meade Policy Memorandum # 68, Use of Fort Meade Roads for Physical Training.

1. This policy memorandum supersedes Fort George G. Meade Policy Memorandum # 68, Use of Fort Meade Roads for Physical Training, dated 17 November 2014.
2. References:
 - a. Army Regulation 190-5, Motor Vehicle Traffic Supervision, 22 May 2006
 - b. Army Regulation 385-10, The Army Safety Program, 27 November 2013
3. Purpose: This policy memorandum establishes safety rules for the use of Fort Meade roads. It applies to everyone on Fort Meade.
4. Background: The greatly increased traffic on Fort Meade requires additional restrictions and protections for safety.
5. Special definitions:
 - a. Physical Training Hours: 0530-0730 Monday through Friday.
 - b. Physical Training Formation: An organization of military personnel, consisting of over 100, proceeding as a cohesive group along the roads or shoulders in a military formation or physical fitness formation under the direct command or control of a military leader.
 - c. Protected Roads (enclosure 1): All roads south of Mapes Road, excluding the housing areas and the Architect of the Capitol area, are designated formation and individual physical training roads. No other roads will be used for physical training formations without approval of the Director, Directorate of Plans, Training, Mobilization, and Security. The roads shall have a speed limit of 15 mph from 0530 to 0730 Monday through Friday.

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d. Prohibited Roads (enclosure 2): All roads north of Mapes Road, to include Mapes Road, and all of Maryland Routes 32 and 175, are designated as high traffic locations where fitness or recreation walking, jogging, running, cycling, skating, or skateboarding are prohibited. Unless otherwise posted, these roads may be used by pedestrians and cyclists commuting to and from work. Pedestrians may only cross these roads at designated crosswalks.

e. Shoulder: The edge of a roadway that is not intended for vehicles to routinely use. Commonly, it is the area that is for stopped vehicles, emergency vehicles, and bicycles or scooters.

f. Sidewalk: A paved path intended for pedestrians.

6. General rules:

a. The use of portable headphones, earphones, ear or other listening devices while walking, jogging, running, bicycling, skating, or skateboarding on Fort Meade roads, shoulders, and intersections is prohibited. Such devices may not be worn when in military formation at any time.

b. The use of traffic cones or any type of road barrier on a road or shoulder, not placed or directed by the Fort Meade Police, for the purpose of blocking traffic, is prohibited.

c. Organization sponsored athletic events and road races open to the general public for the purpose of fund raising are not authorized.

7. Physical training running formations rules:

a. Use of roads, shoulders, or sidewalks in post housing areas is prohibited.

b. Proceed on roads in no more than three columns, ensuring individuals do not cross the centerline of the road into the oncoming lane of traffic.

c. Always proceed on roads with the flow of traffic, to the right of the centerline of the road.

d. Road guards will be placed approximately 15 yards (30 yards during periods of reduced visibility) to the front and rear of the formation. There will be at least two road guards in the front and rear for each formation of eight or more service members. Road guards will post at each street when the formation is passing through an intersection.

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e. Designate sufficient individuals with reflective vests and flashlights or fluorescent personal protective equipment when visibility is limited to provide control of stragglers. Road guards will not be designated to control stragglers. Stragglers and straggler controllers will stay off the road. They shall move to the shoulder, side of the road, or adjacent sidewalks when behind or detached from the main formation.

f. Road guards and straggler controllers must wear reflective vests at all times. When visibility is limited, road guards and straggler controllers must use flashlights with wand or luminescent lights.

g. Units with more than 100 individuals, when proceeding on a road, shall provide lead and trail escort vehicles.

8. Individual joggers, runners, or fitness walkers rules:

a. Jog, run, or fitness walk no more than two abreast opposing the flow of traffic on a sidewalk or shoulder if no sidewalk is available.

b. If using a road and a vehicle approaches, move off of the road.

c. During physical training hours and periods of limited visibility individuals running on the roads or a road shoulder must wear reflective items (i.e., vests, reflective bands, reflective uniforms, flashlights) that enhance the ability to be seen.

d. Cross roads only at designated crosswalks.

9. Cyclists and skater rules:

a. Helmets approved by the Consumer Product Safety Commission (CPSC) or American Society for Testing and Materials will be worn by anyone who rides, skates or skateboards on Fort Meade.

b. Cyclists, skaters, and skateboarders must adhere to posted speed limits.

c. Anyone cycling, skating, or skateboarding on roads during hours of darkness or reduced visibility must wear a reflective upper outer garment or a reflective belt positioned over the shoulder and diagonally across the chest. Bicycles must be equipped with operable head and tail lights.

10. Motor vehicle rules:

a. Upon encountering a physical training formation proceeding in the same direction, reduce speed and do not pass the formation until permission is granted by the

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military leader of the formation. The military leader of the formation will ensure the safety of the formation and that no oncoming traffic will endanger runners or drivers in either direction. Passing speed, once granted, is 10 mph.

b. Upon encountering individual runners moving against the flow of traffic, reduce speed and, if there is no opposing traffic, continue at 10 mph to pass the runners.

11. Point of contact for this policy is Linda Winkels, DPTMS Training Division, at (301) 677-4719 or email, linda.m.winkels.civ@mail.mil.

2 Encls

1. Protected Roads
2. Prohibited Roads



BRIAN P. FOLEY
Colonel, Signal Corps
Commanding

DISTRIBUTION:

- A
- B

Enclosure 1. Protected Roads

All areas South of Mapes road are protected areas for conducting PT (excluding the housing area and Architect of the Capitol area).



Enclosure 2. Prohibited Roads

All areas North of Mapes road (including Mapes Road) are prohibited areas for conducting PT.

The housing areas and the Architect of the Capitol area are also prohibited space for conducting PT

