



REPLY TO
ATTENTION OF:

APVR-RDZ

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY GARRISON, ALASKA
600 RICHARDSON DRIVE #6000
FORT RICHARDSON, ALASKA 99505-6000

28 Mar 03

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Running/Road Marching Safety Policy (GC Policy # 22-40)

1. Applicability. This policy applies to all people who run, jog or road march on Army installations in Alaska including military personnel participating in formations (i.e. squad, platoon, company, or battalion).
2. Policy. The following requirements are mandatory:
 - a. When running, day or night, in formation or not, you will wear a YELLOW reflective belt. The reflective belt will be worn across the upper torso from the right shoulder to the left hip. When road marching and wearing tactical gear, (i.e. rucksack) a second YELLOW reflective belt will be attached across the backside of equipment to ensure visibility of service member. This applies to all roads, garrison, range or training areas.
 - b. Whether running in formation or road marching, road guards will be posted to the front and rear. Road guards will wear ORANGE reflective safety vests at all times and carry flashlights with white cones attached during hours of limited visibility.
 - c. Individual runners and joggers will use sidewalks when available. Where there is no sidewalk, you will run or jog facing traffic, keeping as far left of the roadway as possible avoiding heavy traffic.
 - d. The use of earphones or headsets is prohibited at all times when running or jogging on streets and roads. Runners and joggers must obey all traffic signals and signs.
3. This policy is effective immediately and supersedes all previous policies.

//Original Signed//
FREDRICK J. LEHMAN
COL, SC
Garrison Commander

DISTRIBUTION:

A