



**DEPARTMENT OF THE AIR FORCE
6TH AIR MOBILITY WING (AMC)
MACDILL AIR FORCE BASE, FLORIDA**

DEC 11 2008

MEMORANDUM FOR DISTRIBUTION C

FROM: 6 AMW/CC

SUBJECT: Unit and Recreational Group/Individual Runs

1. Physical fitness is an integral component of our fighting force and our personnel are increasingly involved in efforts to enhance their level of fitness. As a result, group running is popular among units as an avenue for recreation. As that popularity increases, we need to minimize the interference with other base activities and promote the safety of participants.
2. Use of headphones and single bud earpieces will be limited to the fitness center track, jogging trails, sidewalks, and while using the equipment inside the fitness center. Headphones, including single bud earpieces, must be removed when crossing the road.
3. Individual runners:
 - a. When sidewalks are provided, it is unlawful for any pedestrian to run on the roadway.
 - b. Runners must wear reflective gear on their upper outer garment (i.e., reflective belts, vests, or reflective material on the garment) from dusk until dawn and/or during times of reduced visibility.
 - c. Individual runners will use crosswalks and not stop or interfere with traffic under any circumstances.
4. Unit formation and group recreational runs:
 - a. All runs will be coordinated through the Fitness and Sports Center at least 14 days prior to event. The Fitness and Sports Center Director and staff are responsible for programming and scheduling group runs (i.e., 5K Fun Runs, PT exercise runs, Turkey Trot, etc.).
 - b. Formations and/or large groups will utilize designated courses as authorized by the Fitness and Sports Center. Any deviation from designated courses must be approved in writing by the 6 MSG/CC and coordinated with 6 AMW/SE, 6 MDG, 6 FSS, and 6 SFS at least 14 days prior to the event. Sidewalks cannot be used for formations and/or large group runs.
 - c. Kits containing equipment/materials for conducting group runs will be provided by the Fitness and Sports Center.
 - d. No permanent marking of routes is permitted under any circumstance. Cones and/or signs will be used to mark run routes and removed promptly after the event.

e. Unit or group run representatives are responsible for ensuring road guards are stationed at intersections and turn points throughout the route. During times of reduced visibility, flashlights must be used and reflective vests must be worn.

5. I want to encourage units and other groups to continue running as a part of their fitness programs and esprit de corps events. My sole objective in providing this guidance is to ensure that we all work to provide safe avenues for everyone on MacDill Air Force Base.

A handwritten signature in black ink, appearing to read 'L. M. Martin, Jr.', with a stylized flourish at the end.

LAWRENCE M. MARTIN, JR., Colonel, USAF
Commander