



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

12 MAR 2006

MEMORANDUM FOR DISTRIBUTION C

FROM: 6 AMW/CC

SUBJECT: Unit and Recreational Group 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 has become more popular among units as an avenue for recreation. As that popularity increases, the necessity to minimize the interference with other base activities and promote the safety of participants becomes paramount.
2. The following procedures will apply for individual runners:
 - a. IAW AFI 31-204, 6 AMWSUP1, "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 during times of reduced visibility.
 - c. Individual runners will use crosswalks and not stop or interfere with traffic under any other circumstances.
3. The following procedures will apply for unit formation and group recreational runs:
 - a. 6th Services Squadron 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. All runs will be coordinated through the Fitness Center staff 30 days prior to event.
 - b. Formations/large groups cannot run on sidewalk and will utilize designated courses as authorized by the Fitness Center. Recommend use of access road adjacent to SOCCENT area to conduct unit/group runs.
 - c. Kits containing equipment/materials for conducting group runs will be provided by the Fitness Center.
 - d. No permanent marking of routes is permitted under any circumstance. Cones and/or signs will be used to mark run routes.

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- e. Unit or group runs 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.
4. 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 our runners.



MARGARET H. WOODWARD, Colonel, USAF
Commander