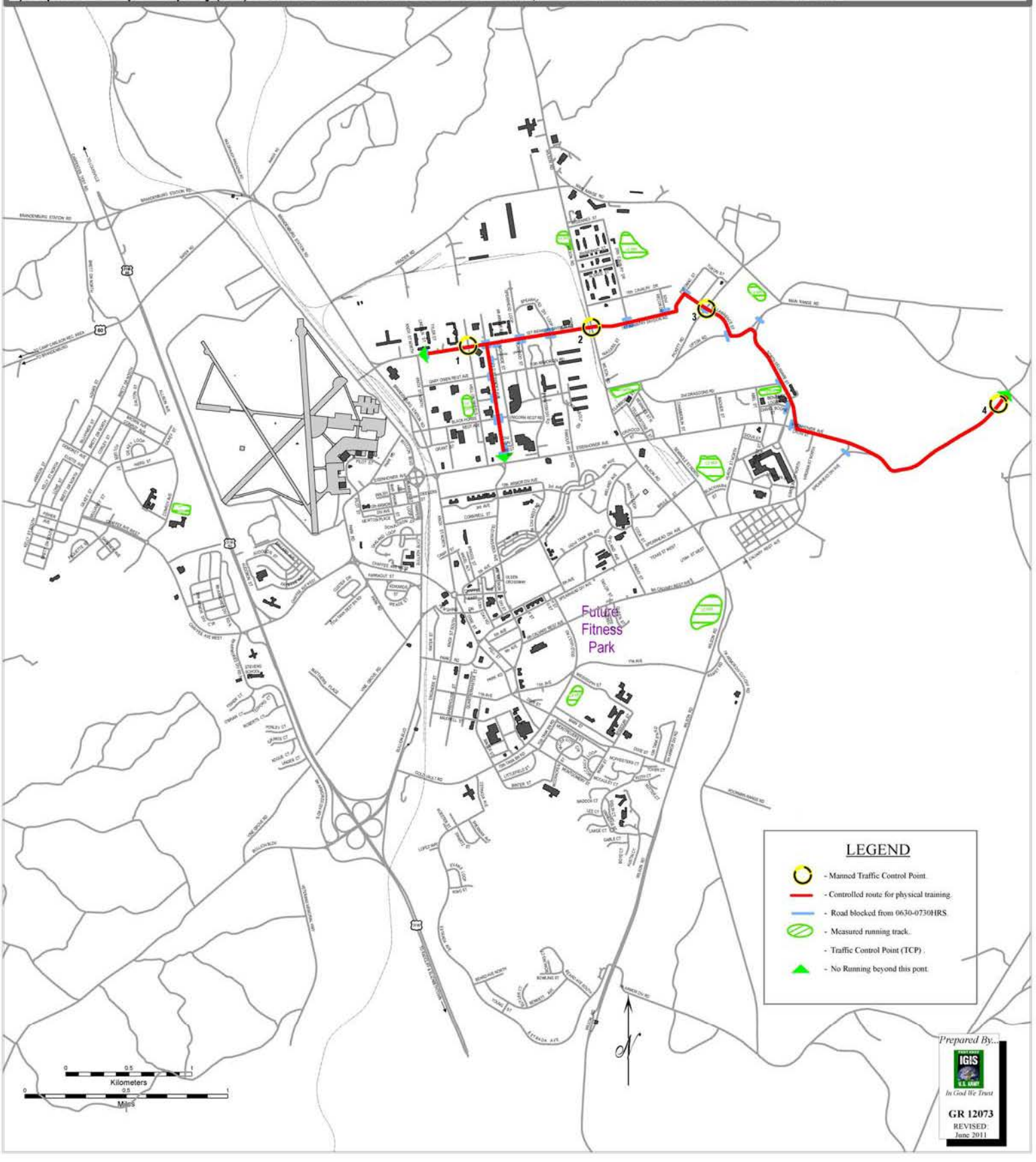
FORT KNOX, KY
Controlled Running route 0630 to 0730

1.) Soldiers and /or civilians running or jogging on Fort Knox are required to wear a reflective belt or vest at all times (24/7), whether in PT uniform or wearing civilian clothes.

2.) Speed limit,10 mph when passing formation or individual runner.

3.) No APFT at Brooks field, No Bicycles on controlled PT Route 0630-0730, No headphones when running/jogging/walking on post.

4.) Request for Exception to policy (ETP) to conduct unit runs off the controlled run route, will be submitted to Garrison CSM for consideration.