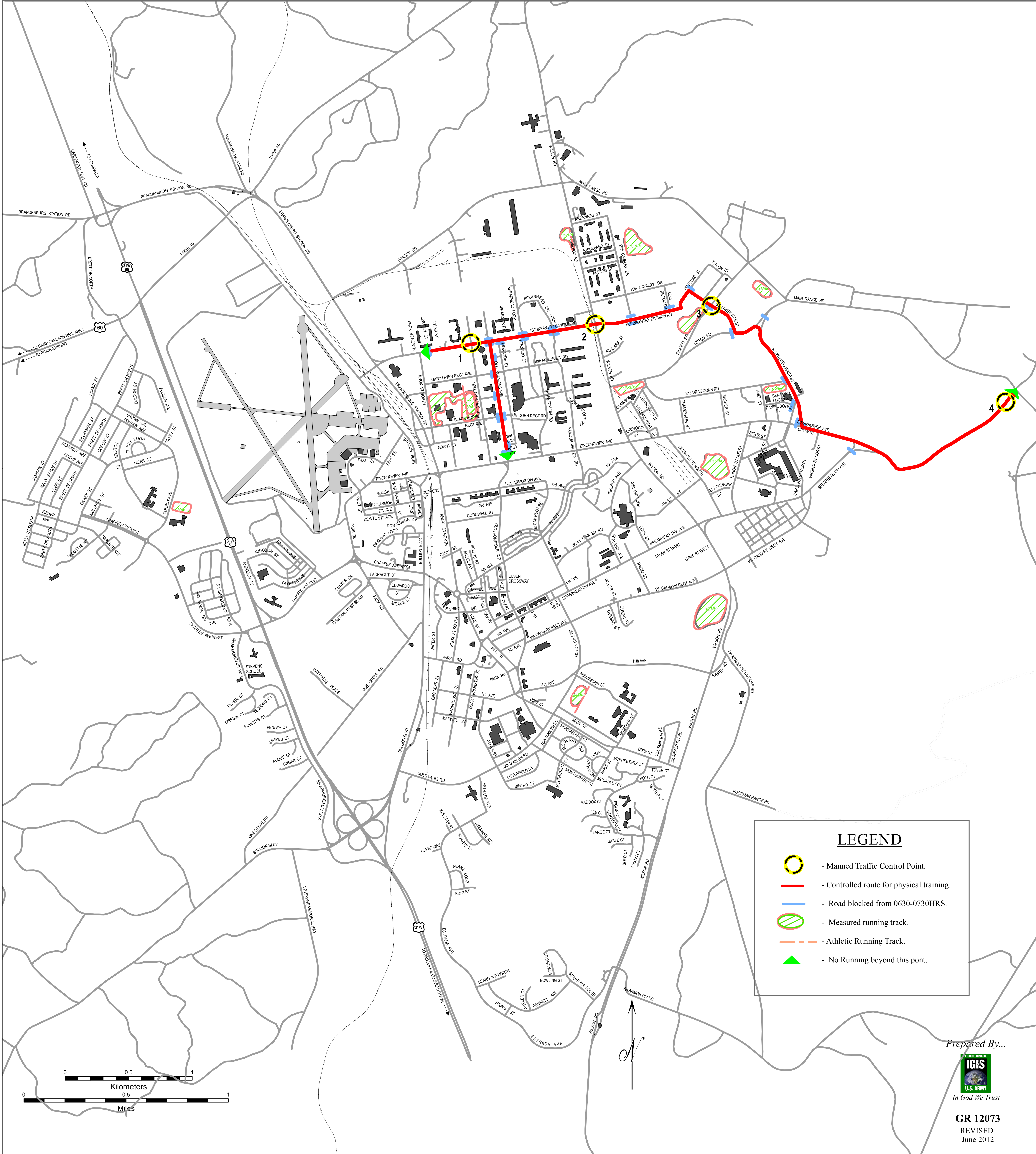


Fort Knox Controlled Running Routes 0630-0730

- 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.



LEGEND

- Manned Traffic Control Point.
- Controlled route for physical training.
- Road blocked from 0630-0730HRS.
- Measured running track.
- Athletic Running Track.
- No Running beyond this point.

