



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY CADET COMMAND AND FORT KNOX
1ST CAVALRY REGIMENT ROAD
FORT KNOX, KENTUCKY 40121-5123

AMIM-KNO-TR

JUN 05 2025

MEMORANDUM FOR

Commanders, Fort Knox Partners in Excellence
Commanders, All Units Reporting Directly to this Headquarters
Directors and Chiefs, Staff Offices/Departments, HQ USACC

SUBJECT: Fort Knox Policy Memo #16 - Use of Range and Training Area Complex
Roads for Physical Readiness Activities (Cycling, Running and Ruck Marching)

1. References:

- a. AR 350-1, Army Training and Leader Development
- b. FM 7-22, Holistic Health, and Fitness
- c. AR 385-63, Range Safety
- d. DA PAM 385-63, Range Safety
- e. AR 385-10, The Army Safety Program
- f. FK Reg. 385-10, Installation Safety Program
- g. FK Reg. 385-22, Fort Knox Range Regulation

2. Purpose and Goal:

a. The purpose of this policy is to define requirements for military personnel to conduct physical training - specifically road cycling, endurance running and ruck marching - within the Fort Knox Range and Training Area (RTA) complex and the routes designated for these activities.

b. My goal is to provide authorized routes to military distance cyclists, runners, and ruck marchers to support overall physical readiness.

3. Applicability: This policy is applicable to all personnel stationed or assigned at Fort Knox.

4. Policy:

a. Authorized personnel are permitted to road cycle, endurance run, and ruck march along the designated routes (Yellow, Red, Blue, and Orange) in the RTA complex year-round weather permitting. (See enclosure 1, RTA Physical Readiness Activity Route Map). Routes will be open from Sunrise (as listed on any .mil or .gov website, i.e. <https://gml.noaa.gov/grad/solcalc/>), but no earlier than 0530 to 1000 daily (including weekends and holidays) and from 1630 until 2000 or until sunset whichever is earlier. There will be no access to unpaved roads, trails, training areas or ranges. All users are required to check the status of these routes on the Fort Knox website (<https://home.army.mil/knox/>) prior to beginning their training.

b. Authorized users must be aware of the possibility of training traffic occurring on the same road network. This traffic includes ammunition movement to ranges and training areas, road marches - tactical and personnel, weapons firing.

5. Requirements:

a. Safety Briefing: Prior to utilizing the RTA complex for the authorized physical training events, their commander must issue the individual a safety briefing. This briefing will be included in the range safety class and Commander/1SG Course.

b. Accident Reporting: For accidents occurring within the cantonment footprint where emergency services are required, dial 911. For accidents occurring within the RTA complex requiring emergency services, contact Range Operations at 502-624-2125 or pick up a range telephone located near the base of the tower on some small arms ranges. Input all accidents into the Army Safety Management Information System 2.0 (ASMIS2) <https://mishap.safety.army.mil/>. For a mechanical issue or minor injury, contact your organization. Commanders are responsible to notify their command's Safety Office immediately. Personnel incident and injury reports and accountability are the responsibility of the individual's assigned organization.

c. Property Liability: Cyclists, runners, and other authorized users are responsible for the reasonable use of their personal property.

d. Uniform: All riders will wear an approved safety helmet. Cyclists, runners, and other authorized users will wear some sort of high visibility attire (clothing/reflective device/vest/etc.). Eye protection is highly recommended.

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Each member of the group must be in possession of a military identification card and will comply with instructions from game wardens and range staff when asked to produce identification and unit of assignment. Cyclists, runners, and other authorized users are not permitted to wear earphones or like devices that might impair their ability to hear hazards.

e. Safety Equipment: Every riding party is encouraged to have some form of bicycle repair kit to include equipment for repairing a flat tire as well as a first aid kit.

f. User Party: This policy does not permit solo users on the RTA routes (Yellow, Red, Blue, and Orange). Users must be a minimum of two cyclists, runners, or marchers to conduct physical training on the designated routes within the RTA complex.

g. Communication: Participants will ensure there is at least one cellular phone in the group's possession containing a full battery charge at the beginning of the exercise event. Participants are reminded that cellular phone reception is poor or non-existent in some areas.

h. Weather Considerations: The authorized routes will be closed during periods of inclement weather. All participants are required to check with Godman weather at phone 624-5517 or the Fort Knox Weather on the 15th Operational Weather Squadron Website (CAC required) <https://owsjet15.us.af.mil/portal/private/GuestFtKnox/Sensor> for current weather watches, warnings, and advisories prior to executing any cycling, running, or marching within the training area to ensure safety while conducting training. Physical fitness training within the RTA complex is not authorized while there is an active weather warning or lightning advisory for Fort Knox in effect.

i. Road Rules: Cyclists will comply with all Kentucky traffic laws and regulations when operating a bicycle on Fort Knox roadways. Cyclists, runners, and other authorized users will adhere to all posted road signs. Runners will run against traffic. Failure to adhere to posted road signs will be cited like a motor vehicle. Cyclist and runners will not deviate from specified routes. Routes are limited to paved roads only - dirt/gravel trails, training areas and ranges are off limits. Military vehicles have priority on RTA routes.

j. Accountabilities:

(1) Accountability and disciplinary actions for failure to comply with the requirements outlined within this policy are left to the discretion of the

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individual's unit commander. Additionally, the Senior Commander or Installation Range Management Authority may deny any or all members access the range routes temporarily or permanently because of any non-compliance with the provisions of AR 385-63, DA PAM 385-63, AR 385-10, FK Reg. 385-22 and this policy memorandum.

(2) Violators of this policy will be barred from the RTA complex and remanded to the custody of the Directorate of Emergency Services.

6. The point of contact for this policy is the USAG Fort Knox, Director of Plans, Training, Mobilization, and Security at (502) 624-3681.

A handwritten signature in black ink, appearing to read 'M. Barnett', with a long horizontal stroke extending to the right.

MAURICE O. BARNETT
Brigadier General, USA
Commanding

3 Encls

1. Unit Commanders Safety Briefing Card
2. Bike Route
3. Road Sign (Example)

Enclosure 1—Unit Commanders Safety Briefing Card
**Cycling, Running and Ruck-Marching
on Fort Knox Range Roads**



"NEVER Ride or Run Alone on Range Roads"
Must be daylight unless pre-coordinated

Routes Status: Fort Knox website (<https://www.knox.army.mil>)

Yellow Route (RTA): Magazine and 484th En Roads

Red Route (RTA): (North) Main Range Roads

Orange Route (RTA): 7th Ar Div and Poorman Rng Roads

Green Route (Cantonment): Wilson, E. Baker, and Frazier Roads

Blue Route (Agony/Misery): Porter River Road and Main Range Road

Safety Requirements:

- ♦ Minimum of 2 Riders, Ruck- Marchers, Runners on RTA routes (Yellow, Red, and Orange)
- ♦ PPE- Must Wear Approved Helmet
- ♦ Reflective Vest / Belt / Clothing
- ♦ Bright Colorful Clothing
- ♦ Ride on Paved Roads Only

Safety Equipment:

- ♦ Bicycle Repair Kit
- ♦ First Aid Kit
- ♦ Cell Phone
- ♦ NO Earphones or liked devices that would impair hearing.

Watch For:

- ♦ Falling Rocks, Wash Outs, Gravel and Debris on Roadways.
- ♦ Soft Shoulders, and Sink Holes
- ♦ Be Aware of Your Surroundings

Enclosure 1—Unit Commanders Safety Briefing Card

Awareness In Range areas:

Wild Life - Snakes, Deer, Turkeys Raccoons, Coyotes, Turtles, Foxes, etc.....
Do Not Attempt to Approach or Touch

Plants - Poison Oak, Poison Ivey

UXO - The area has been a Range for over 100 years, if you see a UXO Do Not Touch it.
Remember 3-Rs—Call Range Control 502-624-2124.

Be Aware of the Weather Call 502-624-5517 for update or the Fort Knox Weather Website (<https://www.knox.army.mil/partners/weather/>)

Traffic in the range: Tactical Movements, Construction Equipment, Drivers Training, Buses, Units Transporting Ammo, etc.....

Keep in Mind of Sun Placement and Drivers Ability to See You Around a Corner or Topping a Hill

Fort Knox Installation Safety



Accident Reporting:

- ♦ Medical Emergency Call 911
- ♦ Within Range and Training Complex (502) 624-2125 or go to the nearest small range and use phone near the base of the tower.
- ♦ Breakdown and / or Minor Injury call organization to report.
- ♦ After Contacting Organization Call Safety Office at 502-624-3381.
- ♦ All Accidents are Required to be Reported.

Watch for Mile Marker Signs to Know Your Exact Location. "Time is Critical".

Enclosure 2

Yellow Route – 5,600M (3.48 miles)
Muldraugh Magazine Road to Water Plant
Road to Railway Trestle Road

Red Route – 7,200M (4.47 miles)
North Main Range Road

Orange Route – 9,000M (5.59 miles)
7th Armored Div Cut-off; Poorman Range
Road; 7th Armored Div Road

Green Route – 19,650M (12.21 miles)
Wilson Road; Baker Road; Fraser Road;
Main Range Road; Upton Road; N.
Delaware St.; Cain St.; Eisenhower Road;
Spearhead St.; 9th Cav St.

Blue Route – 4,400M (2.73 miles)
Porter River Road, Main Range Road



Range Drop Line (Firing Desk)



Turn Around Point (Limit of Advance)

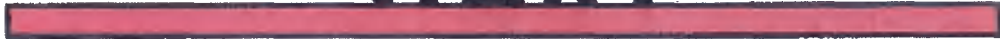
Enclosure 3

Fort Knox

Range Biking/Running Route

Red Route

START



7.2 KM (4.47 miles)

Stay On Route

**You are entering the Range Complex.
Watch for military vehicles and unit
training. Live Fire Range Area.**

Sunrise to 0900

and

1630 to Sunset

**No authorized biking/running during
darkness unless unit coordinated**

Enclosure 3

Fort Knox
Range Biking/Running Route

Red Route



END

7.2 KM (4.47 miles)

Turnaround Point

Do not cross the bridge

