



**Fort Rucker limits running, jogging, biking, swimming and walking to authorized areas for your safety. Training areas, including those adjacent to the cantonment area, are OFF-LIMITS! Be safe and stay in areas designated for recreational fitness activities.**



**Restricted Area** signs may be posted along the border of certain training areas. If you see one of these signs, do not enter that area. You are placing yourself at risk of injury.



**Off Limits** signs may be posted along the border of certain training areas. If you see one of these signs, do not enter that area. You are placing yourself at risk of injury.



**Training Area** signs are posted on trees or posts at the boundaries of all training areas. These signs are 6" x 6", white background with 4" black lettering. If you see a training area sign, do not enter the area. You are placing yourself at risk of injury.

#### USAACE Regulation 600-1, Paragraph 9:

Off-limits areas include, but are not limited to, ranges, designated training areas, storage buildings, nonlighted areas during hours of darkness (except fishing ponds and Lake Tholocco for fishing only), vacant and unused structures, the Lemon Lot after 2200, and all airfields, stagefields, or other facilities used for aircraft landing, refueling, storage, or maintenance.

**Fort Rucker Regulation 215-1 Section VIII, Para 8-2:** Only designated walking, running, and fitness trails are to be used for recreational fitness activities. Designated walking, running and fitness trails include the following:

- Parours Fitness Trails behind IHG Army Hotels
- Beaver Lake Jogging and Hiking Trail

