



IOWA ARMY NATIONAL GUARD
Camp Dodge Joint Maneuver Training Center
7105 NW 70th Avenue
Johnston, Iowa 50131-1824

NGIA-TCU-CDR

15 March 2024

MEMORANDUM FOR Individuals and Units Training on Camp Dodge Joint Maneuver Training Center

SUBJECT: Garrison Command Policy 1, Running Activities on Camp Dodge Joint Maneuver Training Center (CDJMTC)

1. References.

- a. AR 350-1, Army Training and Leader Development, 10 December 2017
- b. AR 385-10, The Army Safety and Occupational Health Program, 24 July 2023
- c. AR 670-1, Wear and Appearance of Army Uniforms and Insignia, 26 January 2021
- d. FM 7-22, Holistic Health and Fitness, 01 October 2020

2. Purpose. To outline acceptable running activities on CDJMTC.

3. General.

a. Organized Group Physical Readiness Training.

(1) Unit formations will run on the right-hand side of all roads, no more than four columns wide. All personnel will remain on the right-hand side of the road center line.

(2) Unless approved by CDJMTC Operations, no formation will run on Maintenance Drive or in the family housing areas (see enclosed map). There will be no cadence calling while in or near the family housing areas unless approved by CDJMTC Operations for special events.

(3) Group formations of ten or more people will have at least two road guards at the front and two road guards at the rear of the formation equipped with reflective belts/vests or high visibility shirts. During times of limited visibility, the road guards will also be equipped with working flashlights.

(4) Group running requests will be submitted to CDJMTC Operations for approval no later than 72 hours prior to desired start time.

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b. Individual Physical Fitness Training.

(1) All individual runners will run on sidewalks or established running tracks. If no sidewalk exists, the road edge and shoulder may be used. When running on roads or shoulder, runners will exercise extreme caution and run facing traffic in a single file.

(2) Audio devices are only permitted for use on established running tracks. Audio devices are not permitted while on sidewalks or roadways.

(3) Reflective belt/vest is required during periods of limited visibility while running on sidewalks and roadways. Reflective belt/vest is not required on established running tracks.

c. Authorized Running Attire.

(1) Clothing must provide appropriate body coverage during full range of running movement. Running without a shirt or with an exposed midriff is not authorized on Camp Dodge.

(2) Clothing will not be see-through when wet.

(3) Clothing will not display profanity, sexist, racist, vulgar or suggestive language or symbols.

4. Point of contact for this policy is CDJMTC Operations at 515-252-4635 or 515-252-4690.

Encl
Running Track Map JAN24


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Commanding


Enclosure: Running Track Map CDJMTC as of FEB24


MWR PT-09
Track TRL-02

PT-09
N
PT-09
S

PRD
03

Testing / Practice Locations 

Running Tracks 

Maintenance Drive 

S29
Miller
Armory

Maintenance Drive

S70 Freedom Center



MWR PT
Track TRL-01

MWR PT
Track TRL-01
Walk Extension

PT-11
1/2 Mile Track w/
Lighting

PT-08
N
PT-08
S

S60 Armory