



DEPARTMENT OF THE ARMY
US ARMY INSTALLATION MANAGEMENT COMMAND
HEADQUARTERS, UNITED STATES ARMY GARRISON DAEGU
UNIT #15746
APO AP 96218-5746

IMDA-PLO

28 October 2013

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: US Army Garrison (USAG) Daegu Policy Letter #36, Physical Readiness Training

1. REFERENCE:

- a. USFK Reg 350-1, Training, 22 Feb 12.
- b. AK Regulation 350-1, Eighth Army Training and Leader Development, 15 Jan 13.
- c. FM 7-22, Army Physical Readiness Training (APRT), 26 Oct 12.
- d. AR 600-9, The Army Body Composition Program, 28 Jun 13.
- e. AR 40-501, Standards of Medical Fitness, 14 Dec 07.

2. APPLICABILITY: This policy applies to all personnel using military installations located within the geographical responsibility of USAG Daegu/Area IV.

3. PURPOSE: To establish Physical Readiness Training policies for individuals walking or running/jogging on US military installations within USAG Daegu/Area IV.

4. GENERAL:

a. Commanders and Directorates will ensure all assigned US and KATUSA Soldiers, civilian employees, invited contractors, retirees and Family members are aware of and comply with the policies and guidelines outlined in this policy.

b. An essential function of day-to-day effectiveness and combat readiness of the Army is that all personnel are healthy and physically fit. As a Soldier you are required to medically maintain being free of medical conditions or physical defects that would require excessive time lost from duty for necessary treatment or hospitalization or would likely result in separation from the army for medical unfitness.

c. Area IV PRT hours are identified as between 0630 and 0800 Monday through Friday.

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(1) The entire Camp Henry installation is open to individual runners and Organizational Formations during established PRT hours (See Enclosure 1).

(2) The entire Camp Walker installation is open to individual runners and Organizational Formations during established PRT hours. Housing areas are considered "Free Run" zones and No Cadence Calling is authorized within these areas (See Enclosure 2).

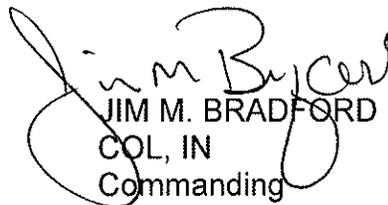
(3) The entire Camp George installation is intended for School and residential use only. Organizational PRT is not authorized on Camp George (See Enclosure 3).

(4) The entire Camp Carroll installation is open to individual runners and Organizational Formations during established PRT hours with the exception of two locations. Camp Carroll industrial Area and H832 are designated as NO RUN AREAS at any time. There is also a designated "Controlled PRT Running Area located in the north east portion of the installation. No vehicle traffic is authorized in the controlled PRT running area between 0630 and 0730 (See Enclosure 4).

5. The POC for this memorandum is the DPTMS, 768-8968 / 8969.

Encl 4

1. Camp Henry PRT Map
2. Camp Walker PRT Map
3. Camp George PRT Map
4. Camp Carroll PRT Map


JIM M. BRADFORD
COL, IN
Commanding

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