

(5) STARS PT: STARS PT is a mandatory PT program designed to assist pregnant Soldiers in maintaining their fitness levels. The primary goal of the STARS program is to lower rates of pregnancy complications, increase the number of favorable deliveries and pregnancy outcomes, and lower health care costs. The program provides prenatal and post partum education. STARS PT will conduct a minimum of one hour of PT every duty day at 0630.

- (a) Once diagnosed as pregnant a profile is issued to the Soldier and enrolled into OB/GYN.
- (b) A pregnancy profile is forwarded to the Division Surgeon's Office and the Soldier is enrolled in STARS.
- (c) Soldiers will remain enrolled in the program for a maximum of 90 days post partum (45 days convalescent leave, 45 days reconditioning).
- (d) POC for the STARS program is the Division Surgeon's Office.

4-3. Formations and PT Routes

a. Formations. All units on Fort Campbell will ensure formations run on the far right side of the road and do not cross the centerline. A maximum formation of three columns will be used to move to and from protected run routes. Once on protected run routes, platoon or above groups will form into three columns to conduct PT runs. Personnel, to include cadence callers, will not cross the center yellow line. Individuals, groups, fall-outs, and walkers who move slower than a 9 minute per mile pace will move to the right side of the solid line on roads, or as far left as possible on non-paved protected routes. Walkers will give way to runners and foot marchers.

- (1) Units will move by the most direct path to protected PT routes to conduct PT runs or foot marches.
- (2) Units will post road guards to the front and rear of formations. Road guards will have flashlights and reflective vests during limited visibility and inclement weather.
- (3) Soldier's utilizing alternate physical training methods (e.g., bicycles) will conduct physical training on protected routes.

b. Protected run routes (Figure 4-1): All personnel, whether as a unit, group, or as individuals, will conduct PT runs only on protected PT routes during PT hours (0630-0800). During PT hours foot marches will be conducted on protected PT routes or on the foot march route. Units will conduct running events and training foot marches along protected routes only, unless the activity falls into an exception in sub-paragraph (12) below. Other than on Holidays and Division DONSA's Soldiers and civilians are prohibited from driving motor vehicles on protected run routes between 0630-0800, Monday through Friday. The only exception is emergency vehicles and select Range Control vehicles. Protected run routes are for use by units and individuals conducting PT, and are clearly posted with signs, traffic control devices and/or road guards. This provision is punitive in nature and will be enforced by Military Police.

- (1) Kentucky Ave from 1st Street to 49th Street.
- (2) Tennessee Ave from 29th Street to 59th Street.
- (3) Desert Storm Ave from Angels Rd to Wickham Ave.
- (4) A Shau Valley Rd.
- (5) Market Garden Rd from Mabry Rd to Glider Rd.
- (6) 47th Street from A Shau Valley Rd to Market Garden Rd.
- (7) 52d Street from Tennessee Ave to Wickham Ave.
- (8) Glider Rd from Market Garden Road to B Ave.
- (9) Georgia Ave from East End Rd to Ohio Rd.
- (10) Ohio Rd from Georgia Ave to Louisiana Rd.
- (11) California Rd. from Strike Rd to Ohio Road.
- (12) Ohio Rd. from eastern most end to East End Rd.
- (13) Exceptions:
 - (a) The Air Assault School will conduct Day 0 runs along established routes.
 - (b) 160th SOAR will continue to use Clarksville Base for Green Platoon training and selection assessments.
 - (c) 160th SOAR may use Night Stalker Way to conduct PT.
 - (d) NCOA will conduct student APFTs along traditional routes on Kentucky Ave, Indiana Ave, and 12th St.

c. Shared Routes (refer to Figure 4-1): Most east-west directional roads may be used by vehicles and units during PT hours. Units and individuals (both military and civilian) will only use shared routes to move directly to a protected route to conduct PT. In addition all routes in Clarksville Base will be shared routes with the exception of PT only routes listed above.

d. Off limits run routes (refer to Figure 4-1): Units and individuals (both military and civilian) are prohibited from running, foot marching, or conducting PT on off limits roads or routes. These routes are clearly posted with signs that read "Physical Training Route - END OF RUNNING ROUTE". The following areas are off limits:

(1) PT conducted near the Aircraft Simulator buildings, whether on grass or in the parking lots, between Wickham Ave and Tennessee Ave, and 58th and 59th Streets, is off limits and strictly prohibited.

(2) Golf Course

(3) Anywhere in or near the Consolidated Rail Operations Facility.

(4) Desert Storm Ave from Mabry Rd to Airborne Ave.

(5) 8th Street from Wickham Ave to Stillwell Rd.

(6) 9th Street from Wickham Ave to Desert Storm Ave.

(7) From Gates 1, 2, and 3 to the respective intersection with Bastogne Street; Gate 4 to Texas Ave; Gate 5 to the intersection with Reed Rd; Gate 6 to the intersection with the traffic circle; Gate 7 to the intersection with Morgan Rd; Gate 10 to the intersection with William C. Lee Rd. (24/7).

e. Road Guards will be posted at the following locations. Soldiers will wear a reflective vest and will have a flashlight to be used to aid in directing traffic during limited visibility. Road guards are not required during Weekends, Holidays, or Division DONSA's. This will be rigidly enforced.

(1) 1st BCT

(a) 35th Street and Kentucky Ave

(b) 42d Street and Kentucky Ave

(c) 47th Street and Kentucky Ave

(d) 46th Street and Kentucky Ave

(2) 2d BCT

(a) 42nd Street and Tennessee Ave.

(b) 49th Street and Tennessee Ave.

(c) 53rd Street and Tennessee Ave.

(d) 56th Street and Tennessee Ave.

(3) 3d BCT

(a) Airborne Ave and Kentucky Ave.

(b) Air Assault Ave and Kentucky Ave.

(c) Screaming Eagle Blvd and Kentucky Ave.

(4) 4th BCT

(a) Angels Rd and Desert Storm Ave.

(b) Angels Rd and Market Garden Rd.

(c) 53rd and Desert Storm Ave.

(d) Taccoa and Market Garden Rd.

(5) 101st CAB

(a) Glider Ave and Market Garden Rd.

(b) Glider Ave and vic B Ave.

(6) 159th CAB

(a) California Rd. and Strike Rd.

(b) Ohio Rd. and East End Rd.

(7) 101st Sustainment Bde

(a) Air Assault Ave and A Shau Valley Rd.

(b) Screaming Eagle Blvd and A Shau Valley Rd.

(c) Air Assault Ave and Market Garden Rd.

(d) Screaming Eagle Blvd and Market Garden Rd.

(e) Airborne Ave and A Shau Valley Rd.

(f) Mabry Rd and Stillwell Rd (To help protect soldiers only **not to stop traffic**).

(8) 101st HHB

(a) 35th Street and Tennessee Ave.

(9) 52nd EOD

(a) Market Garden and Mabry Rd.

(10) 86th CSH

(a) 47th and A Shau Valley Rd.

(11) DES

(a) Normandy Blvd and Kentucky Ave.

f. Units will secure barricades at intersections to prevent vehicles moving onto run routes during PT hours. Barricades will be emplaced no earlier than 0620, and no later than 0630. Barricades will be removed immediately at 0800. The following are unit responsibilities

CAM Regulation 350-1 • 29 July 2011

- (1) 2d BCT
 - (a) 49th Street and Kentucky Ave
 - (b) 59th Street and Tennessee Ave.
- (2) 101st Sustainment Bde
 - (a) 1st Street and Kentucky Rd
- (3) 101st HHB
 - (a) 28th Street and Kentucky Ave
 - (b) 28th Street and Tennessee Ave.

g. Foot march route. Units may conduct a foot march at any time utilizing the Fort Campbell foot march route. The foot march route circumnavigates a prescribed route through the training areas, and consists of a cleared hardened path covered in gravel. Markers are placed along the route at 1/4 mile increments. There is no designated start or stop point. Individuals and unit formations will transition to the footpath around Clarksville Base only at the intersection of Market Garden Rd and Mabry Rd, using the TCP to cross Mabry Rd.

(1) Soldiers are not allowed to foot march on Market Garden Rd, Mabry Rd, or Angels Rd, but will move along the foot march route that parallels these roads and will use road guards when crossing these roads.

(2) All Soldiers will wear reflective belts clearly visible from both front and rear of their person. Road guards will be used with any size formation and will wear a reflective vest, and carry a working flashlight during limited visibility due to inclement weather.

(3) Units are not allowed to conduct unit runs on the foot march route.

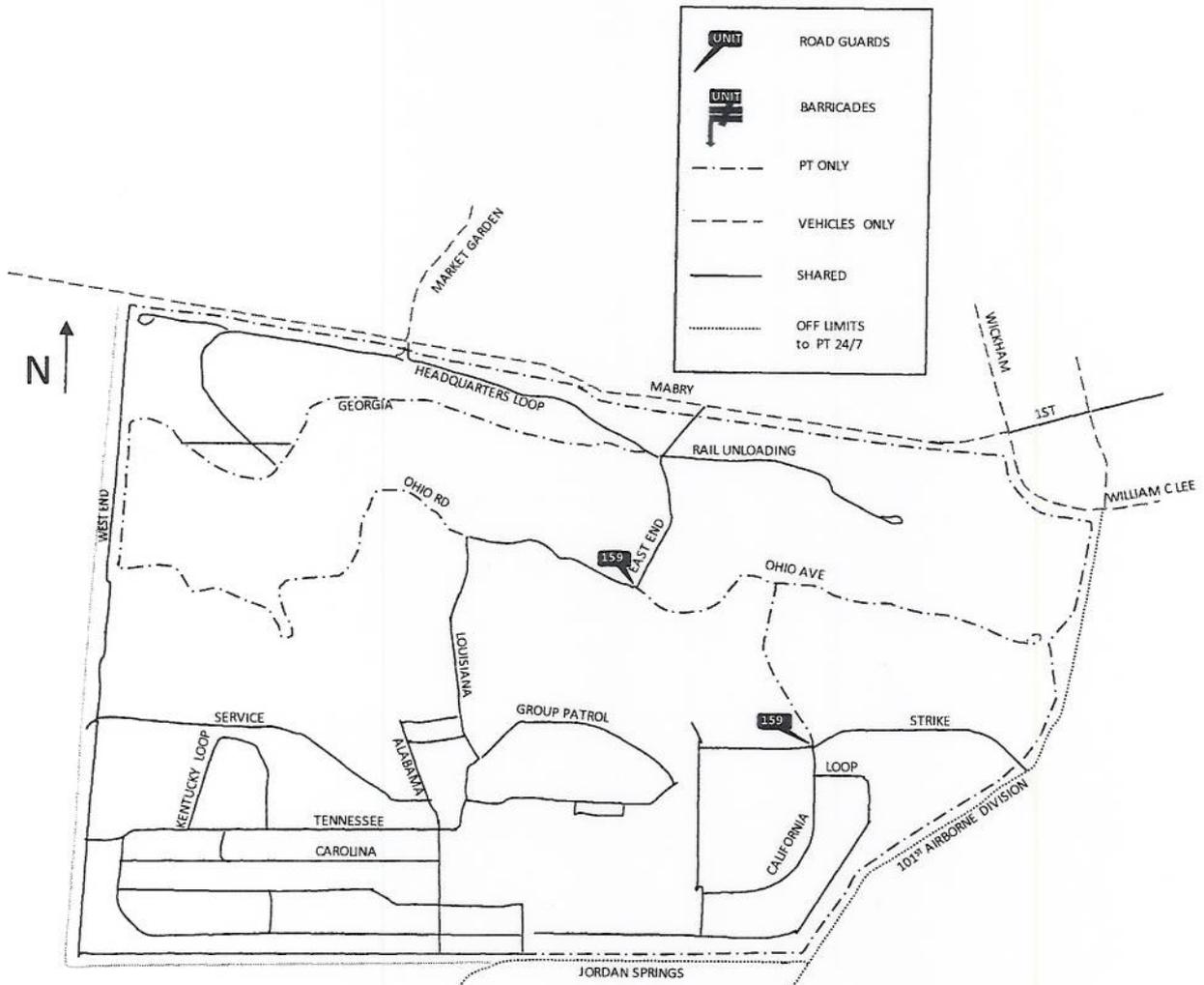
(4) No vehicles are allowed on the foot march route. Lead and following vehicles are to use roads the foot march route parallels. Bicycles of any sort are considered non-motorized vehicles and are not allowed.

h. Bicycles are considered non-motorized vehicles, and will adhere to vehicular speeds when passing formations on protected PT routes during PT hours. Soldiers on bicycles may conduct alternate PT on non-protected routes from 0630 - 0800, but may not do so on off-limit roads. Soldiers on bicycles will adhere to all vehicular traffic laws.

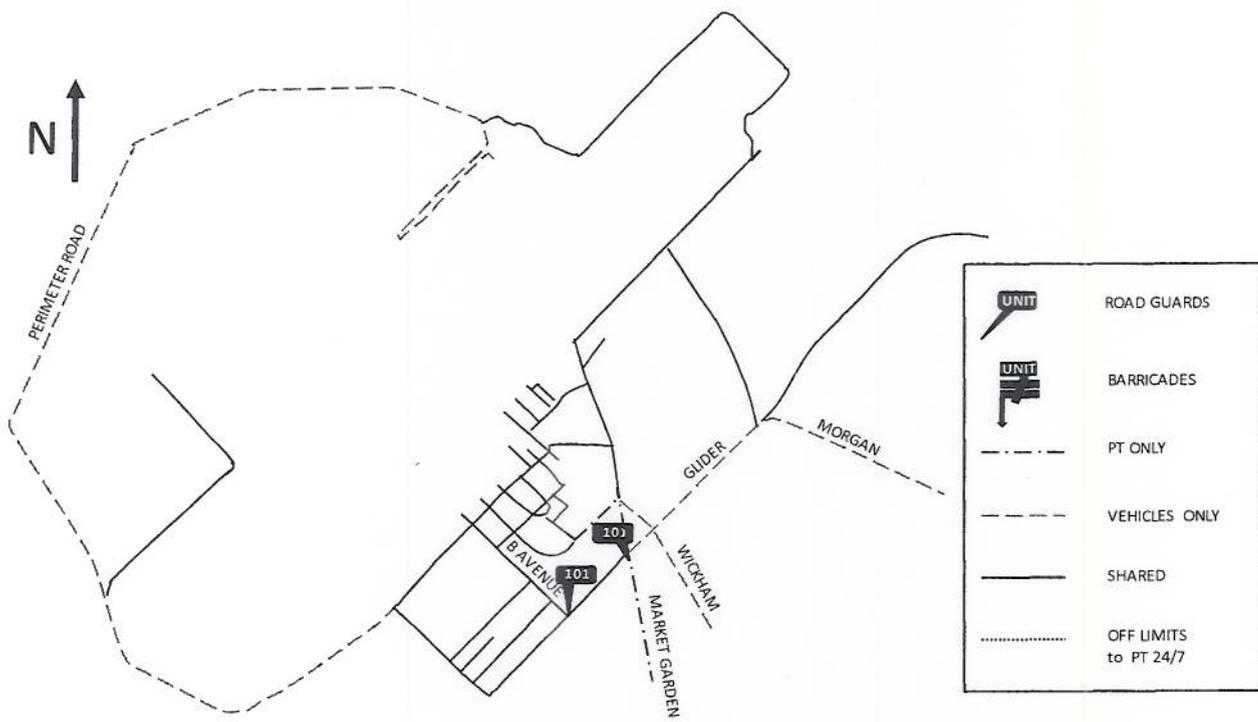
i. PT during Inclement Weather:

(1) PT can be conducted safely during periods of inclement weather. The decision to conduct training rests with commanders/supervisors. Numerous factors such as wind chill, Wet Bulb Globe Temperature (WBGT), type of training, and physical condition should be considered when making this decision. See Figure 4-2.

(2) When increased danger of cold or heat injury is present, commanders/supervisors must take necessary precautions. During periods of cold weather, troops must wear the winter PT uniform. During hot weather, ensure Soldiers consume appropriate levels of water and rest as required. Necessary measures must always be taken to prevent any cold or heat injuries. In the event that they do occur, commanders must ensure Soldiers receive immediate medical attention.



(Figure 4-1 CONT)



(Figure 4-1 CONT)
(Campbell Army Airfield)