



## UNITED STATES MARINE CORPS

MARINE CORPS AIR STATION MIRAMAR  
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StaO 1500.2

G-3/Trng

**3 SEP 2003**

### STATION ORDER 1500.2

From: Commanding General  
To: Distribution List

Subj: MARINE CORPS AIR STATION (MCAS) MIRAMAR PHYSICAL  
FITNESS TEST 3-MILE COURSE (SHORT TITLE: MIRAMAR  
PHYSICAL TRAINING COURSES)

Ref: (a) MCO P6100.12

Encl: (1) Recommended PFT Procedures  
(2) Area Map

1. Situation. To promulgate policies and procedure for the use of MCAS Miramar physical fitness test (PFT) courses per the guidelines established in the reference.

2. Mission. This Order is published to facilitate the safe use of the authorized MCAS Miramar Physical Fitness Courses.

### 3. Execution

#### a. Commander's Intent and Concept of Operations

##### (1) Commander's Intent

(a) The reference requires all Marines to maintain fitness regardless of age, grade, or duty assignment. Physical fitness training is an integral part of Marine training and contributes to improved physical well being, discipline and morale.

(b) This Order has been developed to facilitate the safe use of the authorized MCAS Miramar fitness tracks. The provisions of this Order shall guide all personnel aboard MCAS Miramar in the conduct of using the approved physical fitness tracks.

##### (2) Concept of Operations

(a) Commanding Officers are responsible to ensure all training is conducted in accordance with this Order and other pertinent directives.

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(b) Increased traffic and environmental concerns aboard MCAS Miramar make the safe and efficient conduct of physical fitness training a subject of paramount importance (See enclosure (1)). While completing the PFT is a requirement, sharing the PFT run course with automobile traffic has become a safety challenge. This Order addresses those concerns. Conducting the PFT shall not place our Marines in harms way.

b. Coordinating Instructions

(1) Units desiring to use the Red Course PFT fitness facility will submit requests to the Assistant Chief of Staff, (AC/S) G-3 Training (DSN 267-1448/ Fax 267-1450) a minimum of two weeks prior to the intended use.

(2) The AC/S, G-3 Training is responsible for coordinating use of the PFT site and, when requested, first aid and water support.

(3) G-3 Training will maintain and update a PFT record board at the PFT course starting point. The record board will track PFT course record scores for the purpose of building morale and camaraderie between MCAS Miramar units.

(4) The AC/S, G-4, PWD is responsible for maintenance of physical structures, pull-up bars, etc.

4. Administration and Logistics. There is one authorized physical fitness track aboard MCAS Miramar to support the PFT and one training route to support the Physical Conditioning Program (PCP) (enclosure (2)). The approved fitness track route for PFT use is the Red Route. The approved unit formation route is the Green Route.

a. Red Course. The Red course begins and ends approximately one-quarter mile west of the intersection of Anderson Avenue and Bauer road. It follows Bauer east to Anderson, parallels Anderson north and then goes cross country to Wheat Drive and parallels the Miramar Golf Course towards Miramar Drive and the marked 1.5-mile turn-around point.

(1) Key roadway for traffic monitoring is Bauer Road. While training on this route during hours of darkness, or periods of limited visibility, road guards with reflectorized vests will be positioned at these locations.

(2) Detour signs, available from G-4, will be in place 15 minutes prior to start of PFT run and be recovered within 15 minutes after conclusion of training. (See enclosure (2)).

(3) Additional recommended precautions include use of hand-held radios for road guards to monitor traffic and relay emergency information.

b. Green Course. The Green Course begins at the parking lot in the vicinity of building 9170 (C-130 hangar) on Boyington Road, and follows Boyington Road east. It continues along Boyington to Robinson Way, through the flight line gate, on Walsh Road to Austin Road, Austin Road to the turn around point near the old guard shack, total distance of 1.5 miles.

(1) Access to Walsh Road requires a flight line pass. Flight line passes can be acquired with appropriate identification from the Provost Marshall Office (PMO), building 7102.

(2) Large formations, 200 plus personnel, should consider the use of hand-held radios to relay emergency information, and safety vehicles to lead and trail the formation. PMO must be notified when running in a large formation through the flight line gate.

c. Use of any other course must meet with safety and environmental approval prior to conducting training.

#### 5. Command and Signal

a. Signal. This Order is effective date signed.

b. Command. This Order is applicable to the Marine Corps Reserve.



P. C. CHRISTIAN  
Chief of Staff

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RECOMMENDED PFT PROCEDURE

Miramar Physical Training Courses

1. 60-45 days in advance of desired use: Schedule PFT Facility. RED is currently the only PFT course. POC is Tom Reid (TAMO), DSN 267-1448.
2. 30 days in advance of desired use: publish PFT order identifying personnel to attend and support PFT. (Send out e-mail optional.)
3. Submit request for support equipment (timer/watches, forms, and scales, 5-gal. Water cans/water bull, Safety Vehicle, and Corpsman. Hand-held radios with spare batteries-optional).
4. 15 days in advance of desired use: Check out course, insure no obstructions. Conduct rehearsal as necessary for participants and monitors. Confirm position of road guards and participants.
5. 1 Day in advance of desired use. Recheck facilities: Pick-up support equipment. Brief monitors and conduct station rehearsal as necessary.
6. PFT day: Assemble participants. Assign monitors and issue equipment. Final facilities check and position equipment (if radios are used, conduct communications equipment check.)
  - a. Conduct roll call and weigh-in.
  - b. Demonstrate pull-ups; Conduct test.
  - c. Demonstrate sit-ups; Conduct test.
  - d. Position monitors for run. Conduct communications check.
  - e. Explain course, Conduct 3-mile runs.
  - f. Verify all participant information is complete; recover equipment and police area.

ENCLOSURE (1)

