

### Fitness & Sports Programs

- FitLinxx Computerized Fitness Training Partner
- Strength Training Equipment Orientations by appointment
- Aerobic Exercise Orientations by appointment
- Aerobic, Step, Yoga and Pilates Fitness Classes (see *Exercise Class Schedule at Courtesy Counter*)
- Indoor Cycling Classes (see *Exercise Class Schedule at Courtesy Counter*)
- Active duty has priority in all exercise classes prior to start time

### Services

- Certified Personal Trainers
- Daily use lockers are available
- Daily equipment checkout at courtesy counter
- Racquetball racquets, balls and eye wear
- Jump ropes, weight belts and medicine balls
- Athletic equipment: Basketballs, soccer balls, volleyballs, wallyballs and footballs

### Hours

Monday - Friday	0430-2400 hrs
Saturday - Sunday	0630-1800 hrs
Wing Down Days	0630-1800 hrs
Federal Holidays	1000-1600 hrs
Holidays Closed	Thanksgiving & Christmas

### Peak Participation Times

Monday - Friday	0600-0900 hrs
	1100-1300 hrs
	1600-2000 hrs

### Contact Us

437 FSS/FSVS  
 205 West Hill Boulevard  
 Charleston, AFB SC 29404  
 Phone: (843) 963-3347  
 Fax: (843) 963-3346

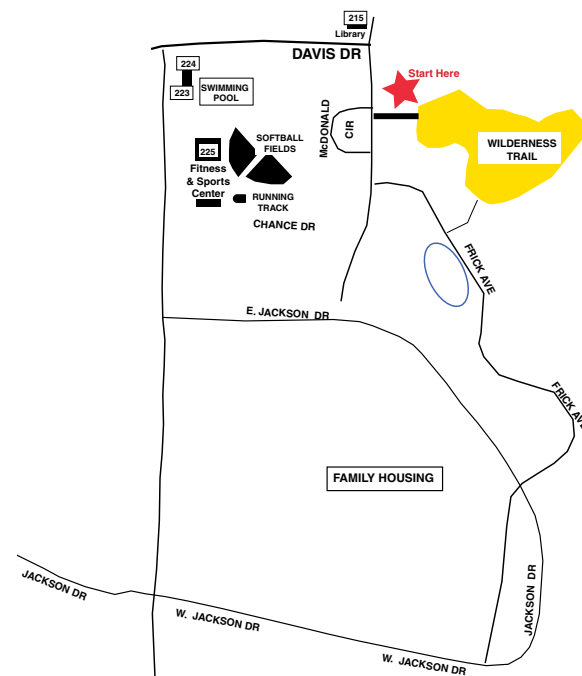
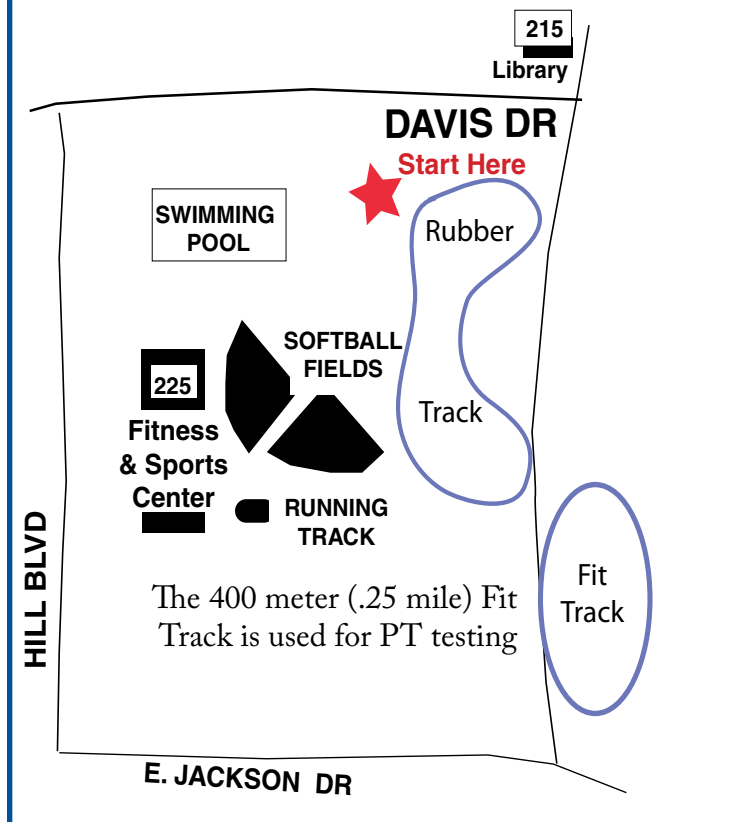


August 2009

# charleston AFB Jogging Maps

## RUBBER TRACK

The Rubber Track is a rubber surfaced is a .5 mile outdoor track located directly behind the Fitness Center.

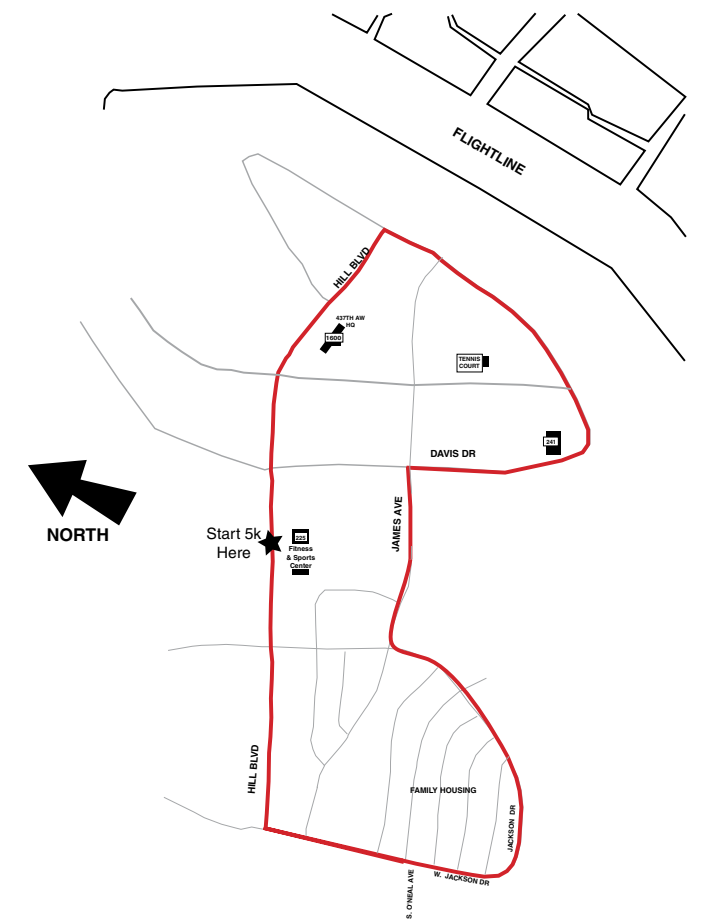


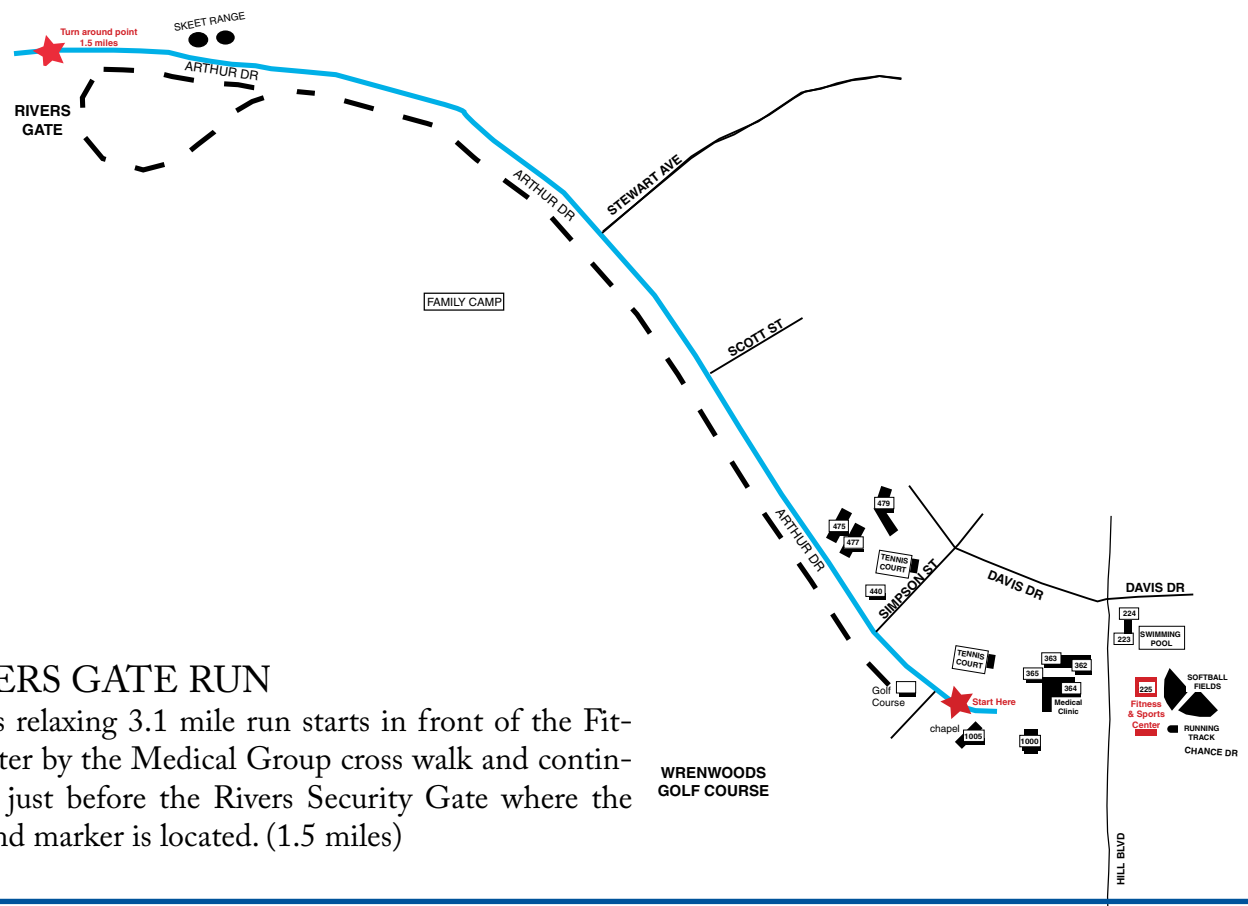
## WILDERNESS TRAIL

An enjoyable blend of rustic and scenic run with no worries about traffic can be found in the .5 mile Wilderness Trail located off South Davis Drive behind the Fire Fighting Training area near the South Water Tower.

## COMMANDER'S 5K RUN/WALK

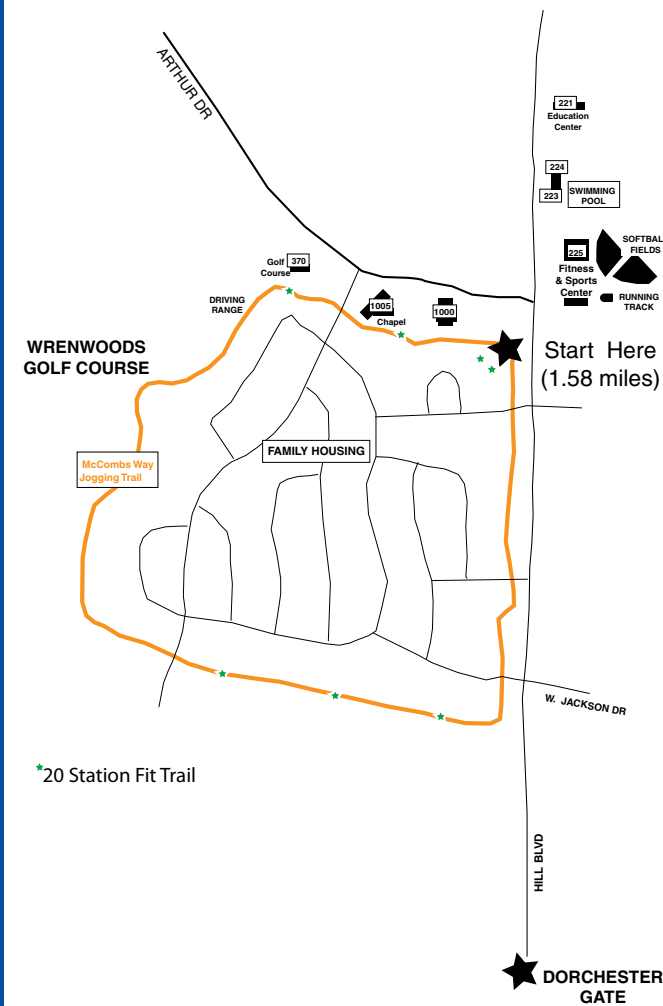
This 3.0 mile run circuit starts on Hill Boulevard in front of the Fitness Center towards the flightline. It proceeds to the right on Bates Street and around to Davis Drive, turning left on the first four streets through base housing until you reach South O'Neal Avenue. Turn right and continue on Hill Boulevard where you turn right and finish back at the Fitness Center.





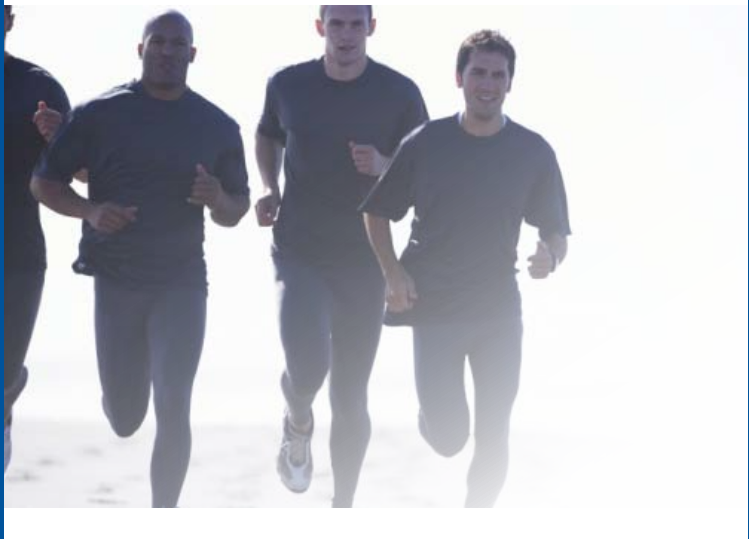
## RIVERS GATE RUN

This relaxing 3.1 mile run starts in front of the Fitness Center by the Medical Group cross walk and continues until just before the Rivers Security Gate where the turnaround marker is located. (1.5 miles)



## McCOMBS WAY FITNESS TRAIL

A specially designed 1.58 mile fitness trail surrounds the northern side of base housing and follows a portion of the golf course. The trail is a black paved track with plenty of shade trees and it is illuminated for enjoyable night time jogs. You can park in the Fitness Center parking lot and cross Hill Boulevard to the start of McCombs Way. There are 20 fitness stations throughout the trail



## Jogging Tips

**A word about traffic...** All runs are affected by traffic. It is heaviest during the morning and evening: 0645 – 0830 and 1600 – 1730. There's a 25 to 30 MPH limit on most roads on base and up to 45 MPH speed limit on Arthur Drive off base towards Aviation Avenue. Although pedestrians have the right of way on cross walks, right turns on red lights are legal. Please be extremely careful at intersections.

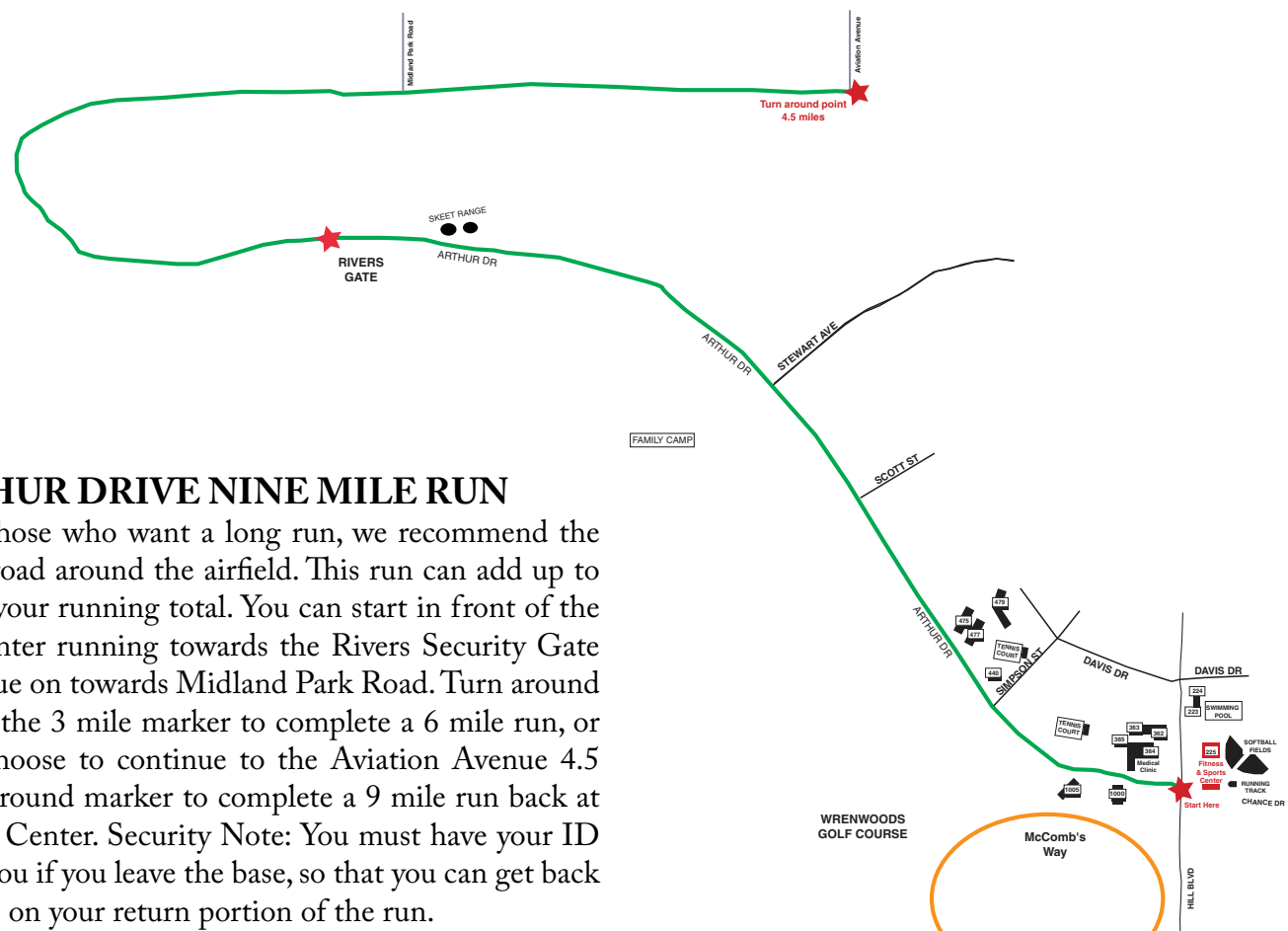
**Clothing Do's & Don't...** DO wear light, loose fitting clothing made of synthetic fibers that keep moisture away & dry quickly. DON'T wear plastic or rubberized clothing because it will block the removal of excess body heat and prevent evaporation of sweat. This is extremely dangerous and could be life threatening. DO wear a good pair of running shoes or cross trainers that fit snugly and are not worn out from excessive use. DON'T wear your running shoes for anything else...

**Jogging at Night...** When jogging during the hours of darkness, wear reflective clothing or place reflective tape on your clothing so that you can be seen by motorists. Avoid dark colors.

**Wearing of Headphones...** Running (or biking) with headphones is NOT authorized nor recommended at anytime. Although the pedestrians have the right of way, many distractions affect drivers and runners alike. These distractions could be the cause of an unwarranted life threatening pedestrian/ jogger versus automobile accident.

**Jogging in Hot Weather...** Heat exhaustion symptoms include heavy sweating, chills, dizziness, headache, cold and clammy skin, and a flushed look. Move to a cooler area immediately, apply cool water to the skin and fan the affected person.

**Security Note...** You must have your ID card with you if you leave the base to ensure that you can get back onto the base on your return portion of the run.



## ARTHUR DRIVE NINE MILE RUN

For those who want a long run, we recommend the perimeter road around the airfield. This run can add up to 9 miles to your running total. You can start in front of the Fitness Center running towards the Rivers Security Gate and continue on towards Midland Park Road. Turn around just before the 3 mile marker to complete a 6 mile run, or you may choose to continue to the Aviation Avenue 4.5 mile turn around marker to complete a 9 mile run back at the Fitness Center. Security Note: You must have your ID card with you if you leave the base, so that you can get back on the base on your return portion of the run.