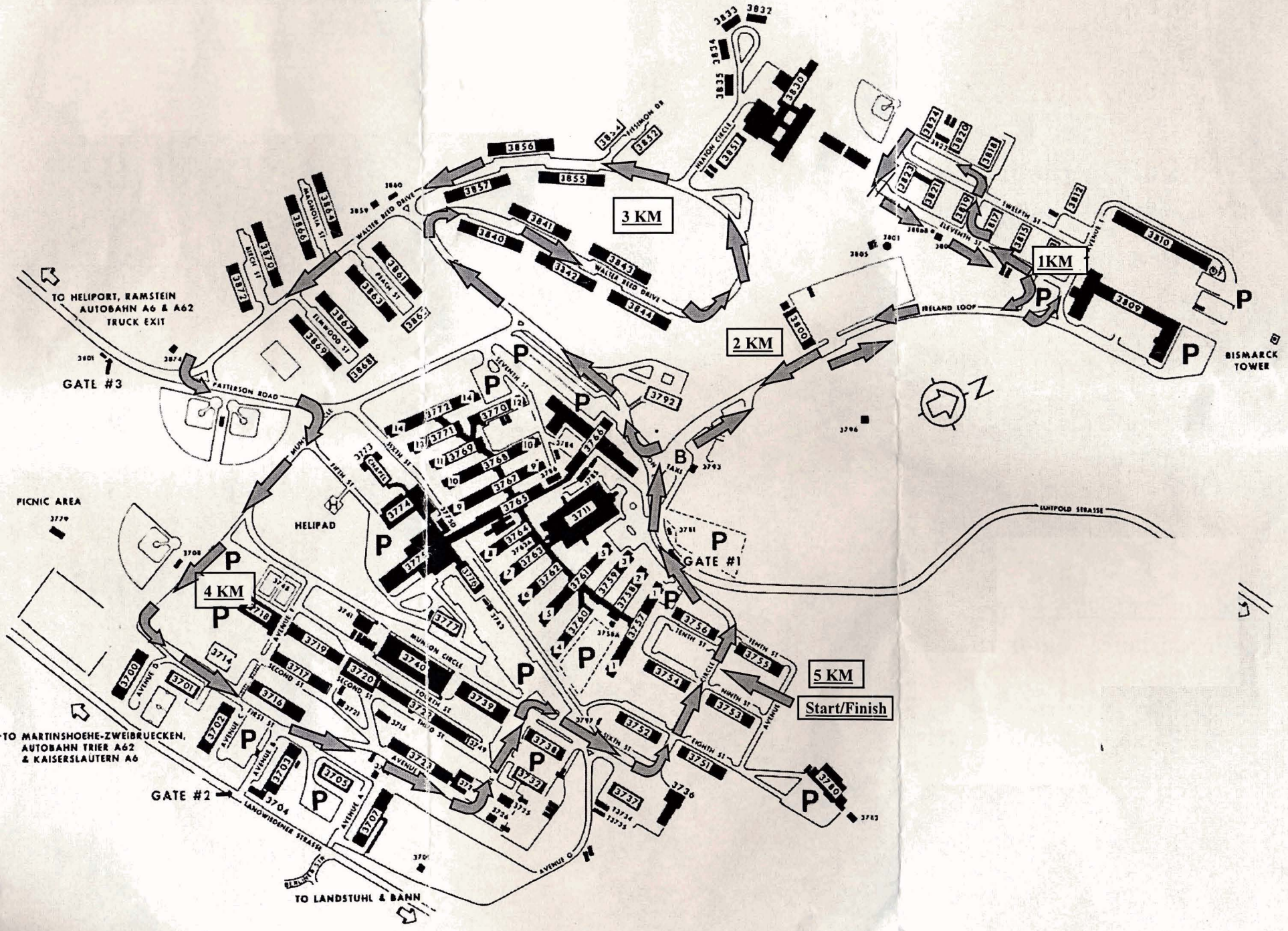

TO HELIPORT, RAMSTEIN
AUTOBAHN A6 & A62
TRUCK EXIT
GATE #3
PATTERSON ROAD
PICNIC AREA
HELIPAD
4 KM
TO MARTINSHOEHE-ZWEIBRUECKEN,
AUTOBAHN TRIER A62
& KAISERSLAUTERN A6
GATE #2
LANDWIRTHER STRASSE
TO LANDSTUHL & BANN
3 KM
2 KM
1KM
5 KM
Start/Finish
GATE #1
LUITPOLD STRASSE
BISMARCK TOWER
IRELAND LOOP
WALTER REED DRIVE
MUNITION CIRCLE
AVENUE A
AVENUE B
AVENUE C
AVENUE D
FIRST ST
SECOND ST
FOURTH ST
SIXTH ST
SEVENTH ST
EIGHTH ST
NINTH ST
TENTH ST
ELEVENTH ST
TWELFTH ST
TAXI
N

Landstuhl Fitness Center

Bldg 3720
DSN 486-8401

Hours of Operation:

Mon/Tue/Wed/Fri 0600-2100
Thur 1100-2100
Sat/Sun/Holidays 1300-1800

The Fitness Center Offers:

- ~ Strength resistance equipment and free weights
- ~ Saunas-men's & women's
- ~ Racquetball and basketball courts
- ~ Cardiovascular equipment

AIR FORCE INNS
USAF SERVICES

LANDSTUHL

JOGGING ROUTE

&

Fitness Center Information

5K ROUTE

RAMSTEIN INNS
Cannon Hotel ★ Landstuhl ★ Ramstein ★ Sembach ★ Vogelweh