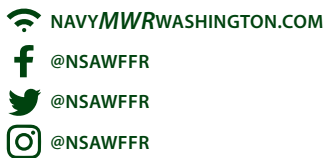




## RUNNING SAFETY TIPS

- Be aware of your surroundings
- Carry ID/CAC
- Carry a cell phone
- Run against traffic
- Always stay alert
- Wear reflective gear if running at before dawn or after dark
- Run with a partner when possible

## STAY CONNECTED



For more information contact  
Washington Navy Yard Fitness Center  
1244 Patterson Ave. SE  
Washington Navy Yard, Bldg. 22  
Washington, DC 20374 | 202-433-2282

Washington Navy Yard  
Fitness Center

# Running Trail Guide



This guide offers four trails that range in their distances.  
Please run at your own risk.



**GREEN TRAIL**

Distance 2.78 miles



**PURPLE TRAIL**

Distance 5.14 miles



**LIGHT BLUE TRAIL**

Distance 3.17 miles



**ORANGE TRAIL**

Distance 3.24 miles

For River Walk information follow  
 @WNYRiverwalk

