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

For more information contact
Washington Navy Yard Fitness Center
1244 Patterson Ave. SE
Washington Navy Yard, Bldg. 22
Washington, DC 20374 | 202-433-2282
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**
  Distance 3.17 miles

- **ORANGE TRAIL**
  Distance 3.24 miles

For River Walk information follow @WNYRiverwalk