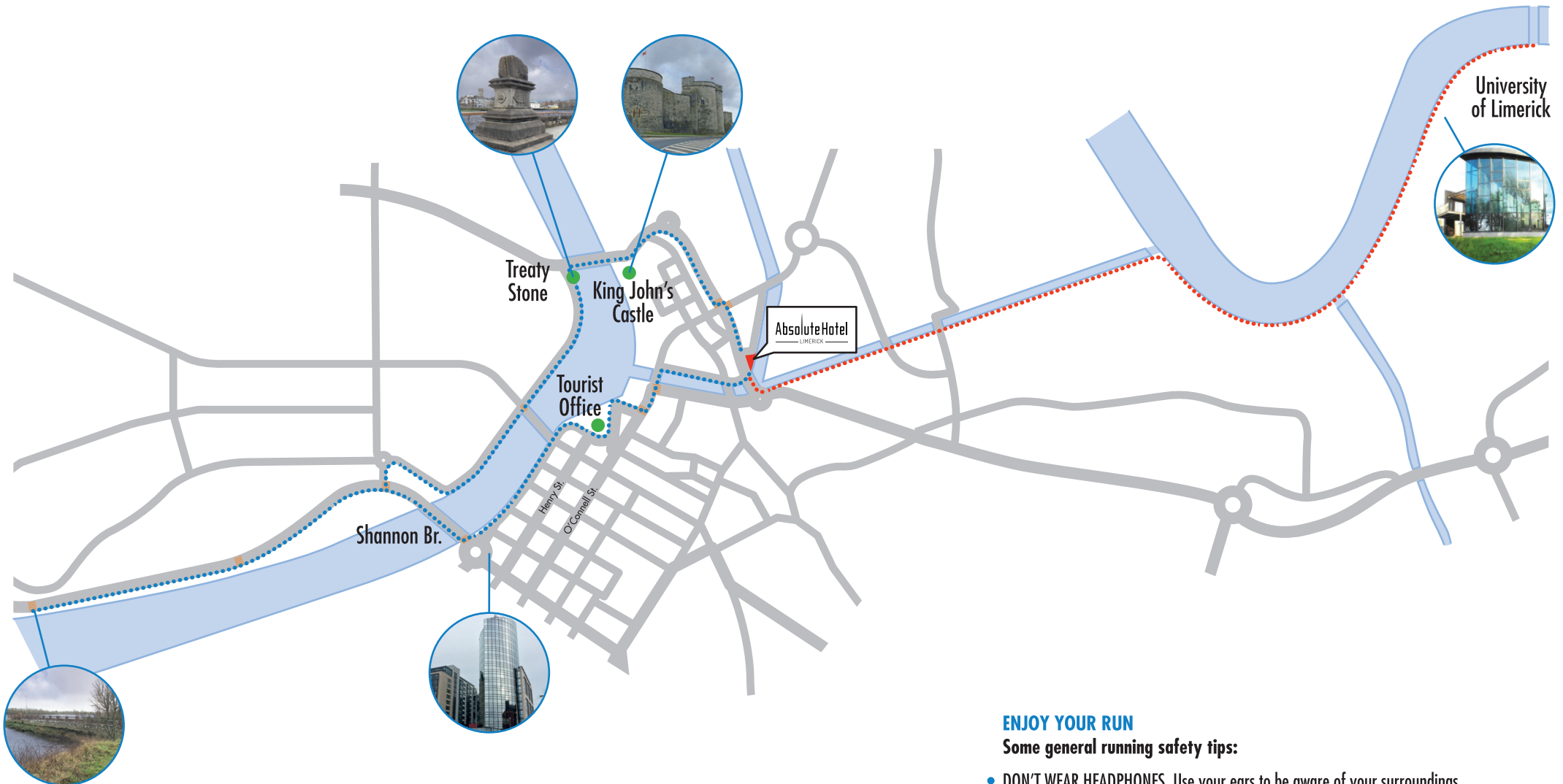


# Running Routes



..... **Route 1:** 5km (3 miles) 25–30 min average pace

..... **Route 2:** 8km (5 miles) 45–50 min average pace

||||| **Pedestrian Crossing**

## ENJOY YOUR RUN

### Some general running safety tips:

- **DON'T WEAR HEADPHONES.** Use your ears to be aware of your surroundings.
- Look both ways before crossing. Be sure the driver of a car acknowledges your right-of-way before crossing in front of a vehicle. Obey traffic signals.
- Wear reflective material if you must run before dawn or after dark. Avoid running on the street when it is dark.