

**R+D**

# **RUNNIN' + DZINKIN'**

**Come join the Triangle's newest run club with routes for all experience levels!**

**RUNNIN' + DZINKIN' takes off every Monday night at 5:45PM and is open to everyone and anyone.**

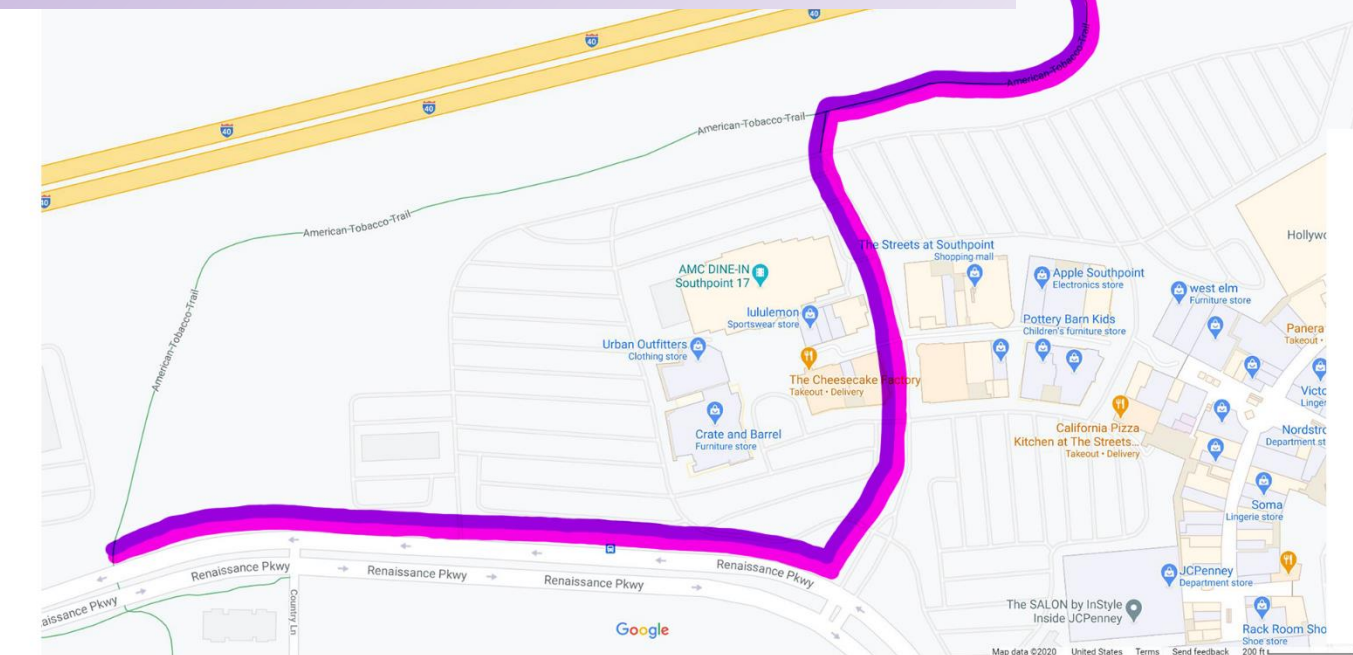
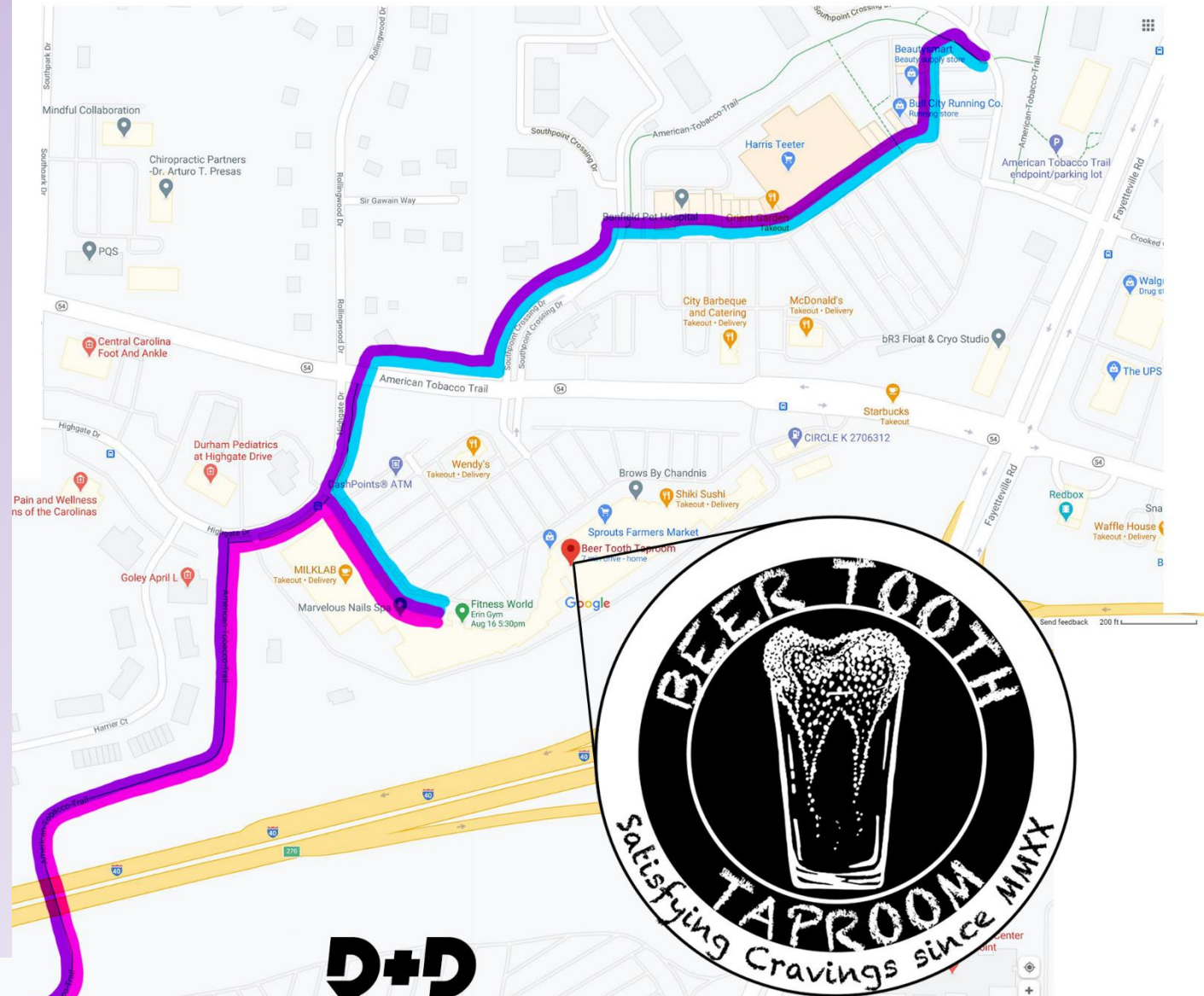
**Our focus is on safety so our routes are completely lit and on sidewalks.**

**We promote running in groups and pairs when possible, as well as offer personal flashlight alarms to borrow.**

**And we will always have a "sweeper" running so you never have to worry about being the last one in.**

**Let's get RUNNIN' + DZINKIN'!!!**

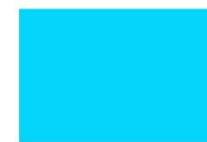
Turn Around At Bollard for 2K and 5K



Turn Around At Bollard for 5K and 3K

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## **RUNNIN' + DZINKIN' ROUTES**



**2K Route Follow Blue**



**3K Route Follow Pink**



**5K Route Follow Purple**