

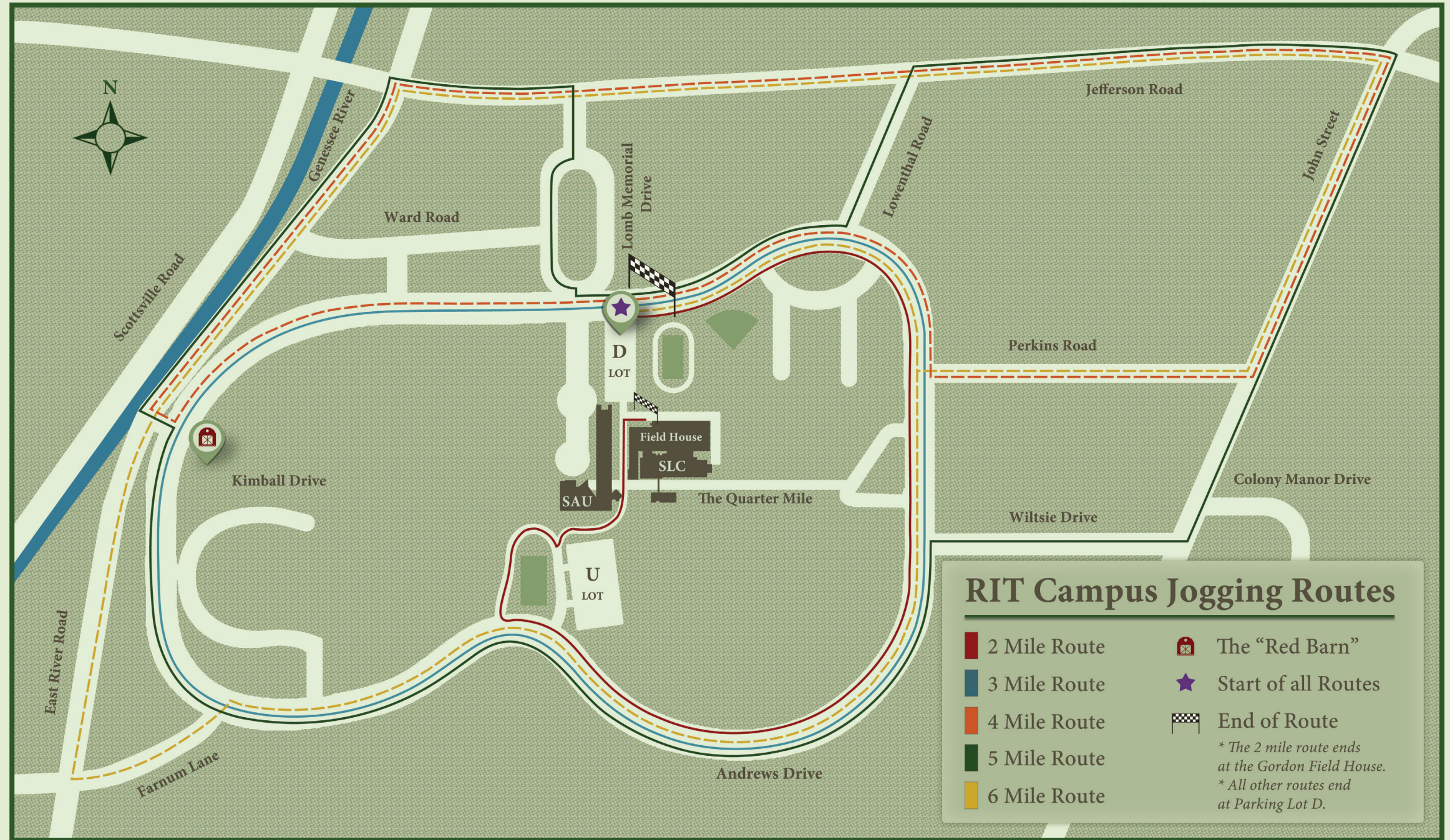
RIT Nature and Jogging Routes

The preservation and enjoyment of the natural world on our campus has been a priority since its establishment in the late 1960's. In 1975, the Audubon Society developed an extensive plan for an RIT nature center. In the early 1980's, nature trails and a 1.25 mile jogging trail were developed on the southeast side of campus for the benefit of the RIT community. These trails were made possible through the significant contributions of Mrs. Richard Ross, Mrs. Marvin Welcher, Mr. Joseph Harris, and the Wells Fargo Bank.



Along the path, you will see "The Bower", a memorial to Mrs. Marcia Ellingson and also a place to enjoy the peace and tranquility of nature. Many joggers, hikers, skiers and nature lovers enjoy these trails year round.

We hope that you have a pleasant visit to the trails, and enjoy the other jogging routes around campus as well.





Outdoor Safety Tips

- Drink plenty of water.
- Wear proper running shoes.
- Dress for weather conditions.
- Wear sunscreen on sunny days.
- Be aware of your surroundings.
- Obey all pedestrian traffic rules.
- When running at night, wear reflective clothing.
- If running along side a road, run towards traffic in order to see oncoming vehicles closest to you.
- Let a friend know where you are running to and when you expect to be back.
- Carry identification in the event of an emergency.
- Consult your physician before beginning any exercise program.
- Stop and rest if you experience any pain or discomfort in the chest, shortness of breath, or dizziness.



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experience
Nature
 RIT RIT's Trails and Jogging Routes