**REMEMBER!**
Always jog on the left side of the road, facing on-coming traffic — it's state law.

Be alert to cars coming from both directions and allow them plenty of room.

At night, wear reflective clothing and jog with a partner.

Use extra precautions while wearing headsets.

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**Colby College**
**RUNNING TRAILS**

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**The Dexter 4**
**The Seton Loop**

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**Cross Country Ski Trails**
**Campbell Trails**

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**The 3-Mile/5-Mile Loop**
**The Oakland 7**

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**The North Street Loop**