Trail Tips:

- The trail is 1⅛ miles
- Set your own pace --
  - stop and rest as necessary
  - bring a friend for encouragement
- Wear comfortable shoes (Although not permitted in work areas, tennis/athletic shoes can be worn to and from parking areas and to and from your personal work area. Note: Only protective footwear is allowed in designated safety shoe areas.)
- Bring your ID badge (to re-enter Post 7)
- Carry bottled water if desired