**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**

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- The Dexter 4 (to Dexter Shoe and back)
- The Seton Loop (4 miles)

- Cross-Country Ski Trails
- The Campbell Trails (5 miles/3 miles)

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

- The North Street Loop (3 miles)