



# Langley Research Center Safety Alert

SA-03-93

Date: April 14, 1993

**TO:** All Employees  
**FROM:** 429/Head, Safety Engineering Branch, SSQRD  
**SUBJECT:** Jogging and Roller Blading for Exercise at the Center

As warm weather approaches, all employees must be aware of the proper exercise routes at LaRC. The Aircraft landing Dynamics Facility area, Buildings 1257-1262, the active aircraft runway at our hangar, Building 1244, and main thoroughfares throughout the Center present the main areas of concern. Several near misses have been observed when roller bladers using the sidewalks lost their balance on the "rounded" street curbing and have fallen into the roadways. Fortunately, vehicles have thus far been able to stop before striking anyone.

During the Spring and Summer seasons, the Center complement effectively increases because of summer employees. These individuals and a segment of our full time complement may not be aware of the existence of the approved exercise routes. Sidewalks are provided for walking. Additionally, a route for jogging, starting and ending on Doolittle Road, has been established and is diagramed on the reverse side of this release. The area established for roller blade activities is also noted. Copies of these routes are posted on the bulletin boards at the Langley Fitness Center, Building 1222B.

Your use of ONLY the approved exercise routes will minimize the probability of serious personnel injury. Note that pedestrians, joggers and roller bladers are required to comply with all the requirements prescribed in LMI 1700.7, "Traffic Regulations."

Your support in this matter is greatly appreciated.

*V. William Wessel*  
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429/JVC *JVC*

# LaRC APPROVED JOGGING ROUTE

