

# BUCKET List

Challenge yourself! Explore something new at the research park • [www.vtcrc.com](http://www.vtcrc.com)



Eat in Wikiteria Cafe  
or on their patio



Attend the Tenant  
& Family Picnic  
#VTCRCPicnic



Play a round of disc  
golf #VTCRCgolf



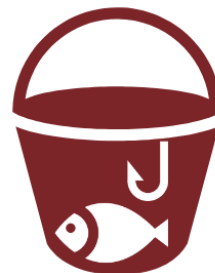
Grab a coffee at  
Tillerman Coffee Co.



Attend the Chili Cook-  
off Competition  
#VTCRCchili



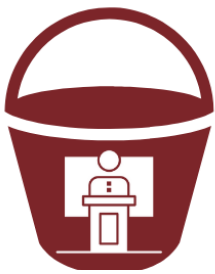
Get acupuncture or  
visit the EHE Clinic



Fish in the lake  
(catch and release)



Walk the trails  
in the park



Reserve a  
conference room



Watch the balloon  
release at US NWSB



Try the Food Truck  
Thursday #VTCRCFTT



Take a yoga class  
@InBalanceYoga



Get a "free one week"  
at Carilion Wellness



Play volleyball,  
basketball or bowling  
#VTCRCvball #VTCRCbowling #VTCRCbball



Make a suggestion w/  
the suggestion mailbox



Take a picture with  
the scientist HokieBird