



GET INVOLVED

An RTP Employee Resource Guide

rtp.org

RESEARCH TRIANGLE PARK

The Research Triangle Park is more than just an area or place. It is an exceptional community made up of innovators, dreamers, and doers.

To nurture and grow this community, RTP offers a variety of targeted, programmatic efforts. We produce and manage opportunities for healthy, active collaboration with with an emphasis on discovery and knowledge transfer.

RTPdiscover

RTP is one of the smartest places in the country. 50,000 talented people show up every day to work on amazing projects. At RTP, we create programming that highlights and shares these ideas and knowledge.

[RTP180](#)

[STEM in the Park](#)

[Community Workshops](#)

RTPsocial

RTP believes that all work and no play actually dampens innovation and invention. That's why we provide fun networking opportunities to our community. Join us for one of our fun, free events.

[The Frontier Happy Hour](#)

[Food Truck Rodeos](#)

[Maker Markets](#)

RTPfit

RTP believes that healthy bodies support healthy minds. And that many times, being active helps clear the head for the next great idea. At RTP, we provide many opportunities for the community to stay balanced.

[RTP Fitness Classes](#)

[RTP Run Club](#)

[RTP Sports Leagues](#)

[RTP Trails](#)

[Smart Commute](#)

RTPdiscover

RTP180

RTP.org/RTP180

Innovation. Education. Industry. RTP is known for these powerful angles. At RTP180, speakers from our three founding universities, local companies, and the community at-large are called upon to speak passionately about what matters most to them. Each month, a handful of speakers will address new topics that are chosen from a pool of cutting edge fields.

RTP180 highlights the amazing talent in the Triangle and offers an educational opportunity for attendees. These events serve as a platform for building relationships with Park companies and our many partners.

Tickets are free for RTP180, but must be reserved in advance. The first hour is open networking. Grab a drink and get to know fellow attendees. Hear from the experts starting at 6 pm with additional networking and an opportunity to chat with the speakers following their talks.



RTPdiscover

STEM IN THE PARK

IMPACTING OVER 6,000 STUDENTS

STEM in the Park, formerly US2020 RTP, provides students who traditionally are underrepresented in the current STEM workforce (females, ethnic minorities and students from low income backgrounds) access to STEM activities and mentoring opportunities with STEM professionals. In addition, we have established a pipeline of real world STEM applications to educators, as well as continue to equip STEM companies and higher education institutions with tools to establish and grow their own outreach efforts.

As part of a nationwide US2020 coalition, which was born out of the 2013 White House Science Fair, STEM in the Park focuses on the greater Triangle region in their mission to change the trajectory of STEM education. To do this, student facing events and other programs are organized which have impacted over 6,000 students and facilitated interactions with over 100 educators to date. STEM in the Park counts over 135 youth serving organizations (including K-12 schools) and over 70 STEM organizations (including companies and higher education institutions) as partners.

How will you get involved and help the next generation of science, technology, engineering and math professionals? To learn more, visit RTP.org/stem-in-the-park or email us at steminthepark@rtp.org.



RTPsocial

THE FRONTIER HAPPY HOUR

Happy Hour takes place at The Frontier on every Thursday (except the 3rd Thursday of the month) from 4:30 PM - 6:30 PM. (Why not the 3rd Thursday? RTP180 takes place then! Don't worry, libations are available there as well.)

This casual, agenda free, networking opportunity was created to engage The Frontier community and to benefit RTP professionals. It's grown into an energetic platform for building relationships among Park companies and partners.

In the past, we have added trivia, lip sync battles, and even a drum circle. Have an idea that you'd like to see added? Email us at frontier@rtp.org and we'll add it to the list of possibilities!



RTPsocial

RTP FOOD TRUCK RODEO SPONSORED BY FIDELITY INVESTMENTS

Limited food options have always been an issue in RTP, but food trucks help us fill that void for Park employees by offering something local, tasty, and unique.

Each Friday 5-6 food trucks provide lunch in The Frontier parking lot from 11:30 AM - 1:30 PM. Monday-Thursday we feature a single daily truck from 11:30am-1:30pm Check out the food truck schedule here: RTP.org/FoodTruckRodeo

In 2016, we expanded the Friday event to include backyard games, such as corn hole, frisbee, and life size chess boards. Keep an eye out for regular contests for best Halloween costume and Tacky Christmas Sweaters - participants receive a free food voucher for playing along!





CLASSES

[Camp Gladiator](#) offers personal trainer led classes for all fitness levels at The Frontier Monday - Thursday right after work.

RUN CLUB

Like to run? Take part in the [RTP Run Club](#), which is a weekly activity run that starts at The Frontier. It coincides with the weekly Happy Hour, so come on in when you're done and put all those calories you just burned off right back on! Or you can just run.

SPORTS LEAGUES

Whether it's softball, volleyball, kickball, or cricket that's your thing, we have you covered with our [RTPfit Sports Leagues](#). Leagues are forming on a rotating basis. You can create teams of your own or join forces with other folks interested in getting their game on.

TRAILS

RTP is also home to an expansive trail system for both [walking and jogging as well as mountain biking](#). We don't call it a park for nothing! Take advantage of the miles of trails that can help put you back in nature.





RTPfit

SMART COMMUTE

Another way to beat stress and get connected with the RTP community is by taking mass transit. Driving alone is proven to increase stress, decrease productivity and add to a feeling of disconnection from our fellow humans. RTP partners with GoTriangle to ensure ways to better enjoy your commute by combining it with exercise, social time and even on-board Wi-Fi.

Use [ShareTheRideNC](#) to find people to carpool, vanpool or ride the bus with to the office. Prefer to ride your bike? Use STRNC to find other experienced cyclists or a coach mentor to show you the ropes. Fuel your next workout with KIND bars, nut butters and gift cards you can win by tracking your trips online.

Visit [SmartCommuteRTP](#) for free bus tickets, vanpool reimbursements, events and updates about our commute program.



STEM IN THE PARK

RTP RUN CLUB

WHICH EVENTS WILL YOU ATTEND ?

THE FRONTIERHAPPY HOUR

RTP180

RTP FOOD TRUCK RODEO

RTP.org/events

OUR VISION

We believe that those who have the freedom and support to pursue bold ideas will change the course of history.

We foster that potential by creating places that awaken the dreamer, believer, planner, and creator in all of us.

The experiences we create make the difference between a work space and a vibrant community.

THE RTP FOUNDATION

The RTP Foundation is a non-profit focused on creating a vibrant community of innovators at RTP. Our mission is to enrich education, create meaningful work, and improve the quality of life for all North Carolinians.

As stewards of RTP, we have developed places, programs, and events to not only attract but also retain top tier talent to the area. Our community offerings are inclusive to all and focus on bettering the future of our society.



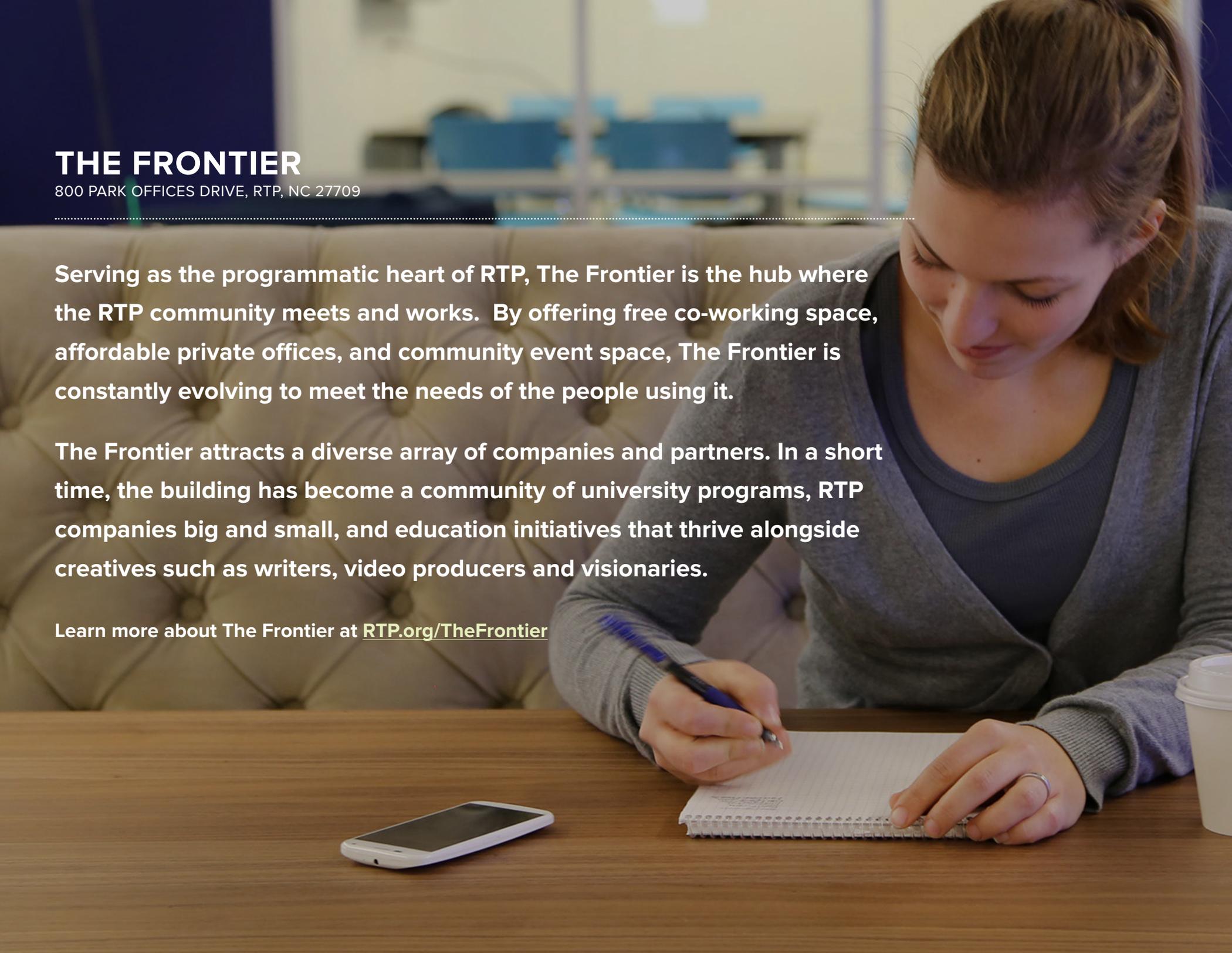
THE FRONTIER

800 PARK OFFICES DRIVE, RTP, NC 27709

Serving as the programmatic heart of RTP, The Frontier is the hub where the RTP community meets and works. By offering free co-working space, affordable private offices, and community event space, The Frontier is constantly evolving to meet the needs of the people using it.

The Frontier attracts a diverse array of companies and partners. In a short time, the building has become a community of university programs, RTP companies big and small, and education initiatives that thrive alongside creatives such as writers, video producers and visionaries.

Learn more about The Frontier at RTP.org/TheFrontier





THE RESEARCH
TRIANGLE PARK