

october 2026

IN THIS ISSUE

PARK UPDATES

NATIONAL FIRE PREVENTION

BLOOM: UPCOMING EVENTS

DID YOU KNOW

FOOD TRUCKS

PERIMETER PERKS

HOW TO REACH US

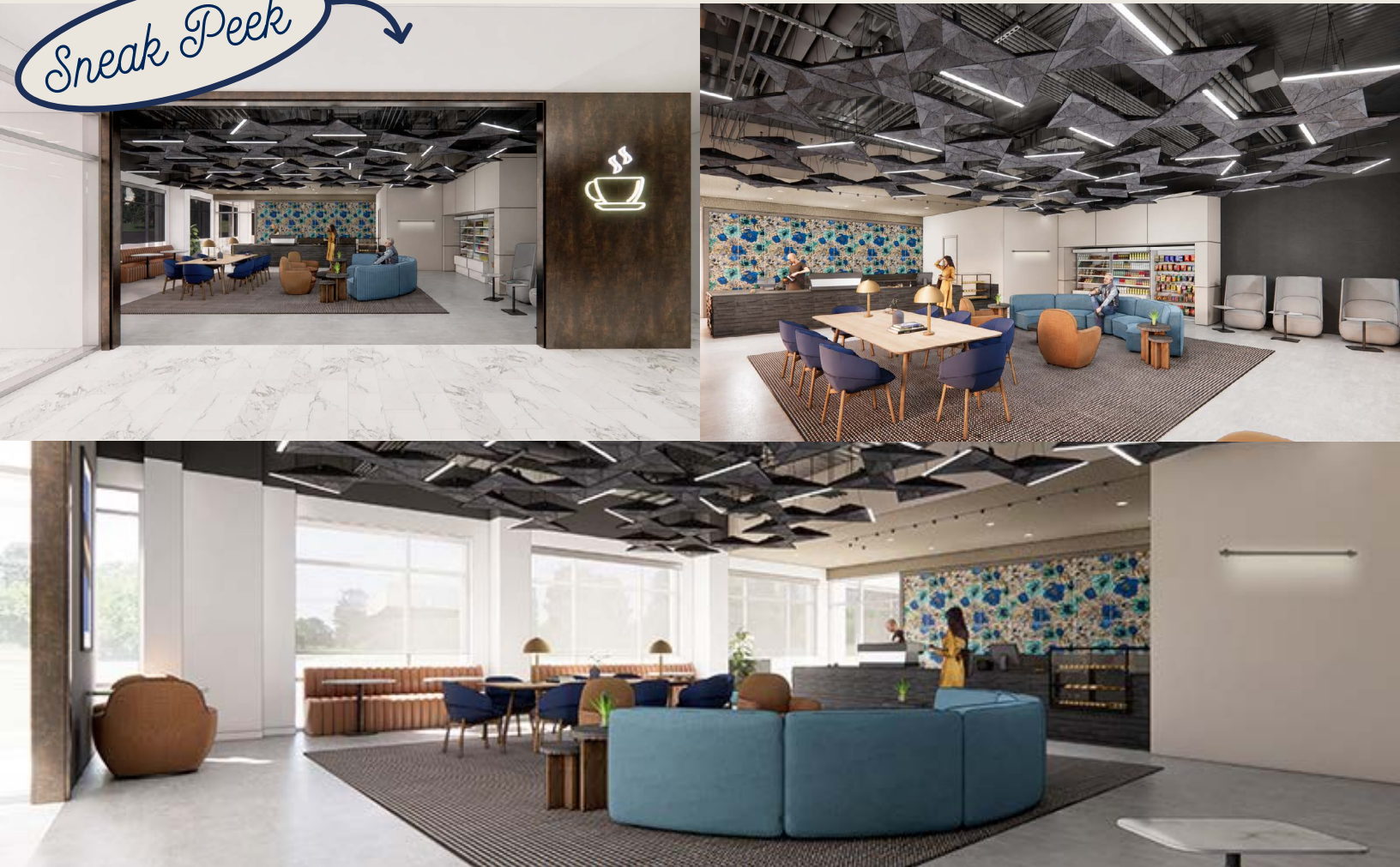
the
PERIMETER
press

The Perk

CAFÉ & LOUNGE

EXCITING RENOVATIONS

Sneak Peek



The Perk Café is currently **closed** to undergo major renovations. We're excited for the improvements ahead and look forward to sharing updates as the project progresses. Stay tuned for more information!

NEW NEW NEW NEW NEW NEW NEW NEW NEW

Carrington Meeting Space



Carrington Meeting Space

- 20 powered tables
- Seating up to 40
- 98-inch display
- Laptop connectivity

Wellness Room

Updates to The Perk Meeting Space

3025 Carrington Mill Blvd.

We've made upgrades to the meeting spaces to create a more comfortable, flexible, and tech-friendly environment for meetings, presentations, and collaborative work.

Paramount Meeting Space

- 85-inch display
- Seating for up to 16
- Laptop connectivity



Paramount Meeting Space



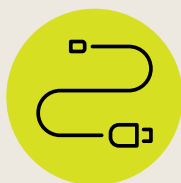
Safe Charging Is a SUPERPOWER

Charge into Fire Safety™

Safe charging means making smart choices every time you plug in. Everyday charging habits can help prevent lithium-ion battery fires.

Safe charging is a SUPERPOWER!

USE YOUR CHARGING SUPERPOWERS



CHEAP CHARGER? DON'T CHANCE IT.

Use the cord and charger that came with your device or one approved by the manufacturer.

Why it matters: Using the wrong charger can damage the battery and increase the chance of fire. Cheap or off-brand chargers may not meet important safety standards.



FULLY CHARGED? TIME TO UNPLUG.

Unplug your device when it is fully charged.

Why it matters: Leaving a device plugged in can increase heat and stress on the battery.



SOFT SURFACE? HARD PASS.

Charge on a hard, flat surface like a table, desk, or bare floor.

Why it matters: Devices and chargers create heat during normal charging. Soft surfaces like beds, pillows, and couches can trap heat and block airflow, which can cause a battery to overheat.



FOR TOOLS AND RIDES, CHARGE OUTSIDE.

Charge large items like e-bikes, scooters, and power tools outside when possible. Do not block exits when charging.

Why it matters: These batteries are larger and store more energy. Fires can grow quickly if the battery fails.



FEELS HOT? STOP USING IT.

Stop using your device if it feels very hot, starts to swell, smells strange, leaks, smokes, or makes popping or hissing sounds.

Why it matters: A damaged battery can overheat and start a fire.



OUT OF SIGHT? NOT IN FLIGHT.

When on a plane, keep devices where you can see them while charging. Do not charge e-cigarettes or vapes on the plane. Tell a flight attendant if you notice a problem with your device, such as if it feels very hot, starts to swell, is smoking, or has a strange smell.

Why it matters: If a battery overheats or fails, it is important for the flight crew to be able to respond quickly.

— Working smoke alarms and a home fire escape plan can help make a life-saving difference. —



BATTERY SAFETY STARTS BEFORE YOU PLUG IN

Buy products listed by a nationally recognized testing laboratory, such as UL, ETL, or CSA. * Listed products meet important safety standards.



**NATIONAL FIRE
PROTECTION ASSOCIATION**
The Leading Information and Knowledge Resource on Fire,
Electrical, and Related Hazards

nfpa.org/education | ©2026 NFPA®

*The listing of specific commercial products or services herein is solely for educational purposes and does not imply endorsement by NFPA, nor discrimination against similar services not mentioned.

OCTOBER EVENTS

bloom at
Perimeter Park

**TUES
20**

FALL FEST

📍 **Food Truck Tuesday Lot**
11:30am - 1:30pm



Celebrate the season while giving back to our community! Stop by for a festive lunchtime break filled with fall favorites, live entertainment, one-of-a-kind poetry, and plenty of fun.

» **GIVE BACK + PICK A PUMPKIN**

Bring non-perishable food donations benefiting the Food Bank of Central & Eastern NC, then choose a pumpkin from the Bloom Pumpkin Patch to decorate and take home.

» **LUNCH, LIVE MUSIC & UNIQUE POETRY**

Grab lunch from the on-site food truck, enjoy live music by The Forryst Brothers, and have The Poetry Fox whip up a one-of-a-kind poem just for you.

Food Truck Tuesday — Lot between 3005 & 3015 Carrington Mill Blvd

**TUES
27**

POUND ^{NEW} FITNESS

📍 **3025 Carrington Mill Blvd.
Suite 125**
5:15 - 6:15pm

FITNESS POP-UP!

POUND is a high-energy, full-body cardio workout that combines drumming with cardio, Pilates and strength-based movements. Using lightly weighted Ripstix™, you'll drum, sweat and sculpt your way through an energizing workout set to your favorite music. Get ready to rock out while you work out!



**WED
28**

SPOOKY TRIVIA & candy bar

📍 **3025 Carrington Mill Blvd.
Suite 125**
12:00 - 1:00pm

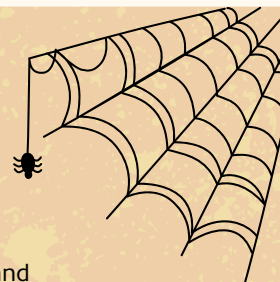


NEED A WICKED-FUN BREAK FROM YOUR WORKDAY?

Test Your Terror Trivia: Gather your team of up to 5 and put your spooky knowledge to the test through four rounds covering classic horror movies, spooky history, urban legends, and all things October.

Enjoy sweet treats from our **candy bar** while you play, and stick around to see which team takes the crown as our **Spooky Trivia Champions!**

Register now to secure your team's spot.



SCAN TO VIEW THE PERIMETER
PARK EVENT CALENDAR

HERE YOU'LL FIND INFO AND
LINKS FOR REGISTRATION



Food Truck Tuesday

Every Tuesday, 11:30am-1:30pm
Lot between 3005 & 3015 Carrington Mill Blvd

REGISTER HERE
TO RECEIVE
BLOOM E-BLASTS



visit our event calendar at perimeterparkoffice.com/events for info on upcoming events
Please note: Bloom events are only for tenants in buildings managed by Trinity Partners.

FALL Fest

Celebrate the season while giving back to our community! Stop by for a festive lunchtime break filled with fall favorites, live entertainment, one-of-a-kind poetry, and plenty of fun.



📍 *Food Truck Tuesday Lot*
11:30am - 1:30pm



GIVE BACK + PICK A PUMPKIN

Bring non-perishable food donations benefiting the Food Bank of Central & Eastern NC, then choose a pumpkin from the Bloom Pumpkin Patch to decorate and take home.

LUNCH, LIVE MUSIC & UNIQUE POETRY

Grab lunch from the on-site food truck, enjoy live music by The Forryst Brothers, and have The Poetry Fox whip up a one-of-a-kind poem just for you.

Food Truck Tuesday — Lot between
3005 & 3015 Carrington Mill Blvd



SPOOKY TRIVIA

& candy bar



3025 Carrington Mill Blvd.
Suite 125
12:00 - 1:00pm

NEED A WICKED-FUN BREAK FROM YOUR WORKDAY?

Test Your Terror Trivia: Gather your team of up to 5 and put your spooky knowledge to the test through four rounds covering classic horror movies, spooky history, urban legends, and all things October.

Enjoy sweet treats from our **candy bar** while you play, and stick around to see which team takes the crown as our **Spooky Trivia Champions!**



Register now to secure
your team's spot.



FREE *GROUP* FITNESS + FUN

REGISTER NOW!



10/27

NEW

POUND Fitness

5:15-6:15pm | 3025 Carrington Mill Blvd, Suite 125

POUND is a high-energy, full body cardio workout that combines drumming with cardio, pilates and strength-based movements. Using lightly weighted Ripstix™, you'll drum, sweat and sculpt your way through an energizing workout set to your favorite music. Get ready to rock out while you work.

*Suitable for all levels. Please bring a mat and bottled water.
FREE — 35 spaces available. [Click to register](#)*

Location: All monthly fitness classes are held at Perimeter Four (3025 Carrington Mill Blvd) in Suite 125. Located at the back of the lobby on the right, past the elevators. Look for directional signage.

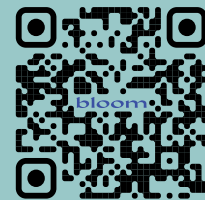


THE 2026 IRON REGULAR CHALLENGE:

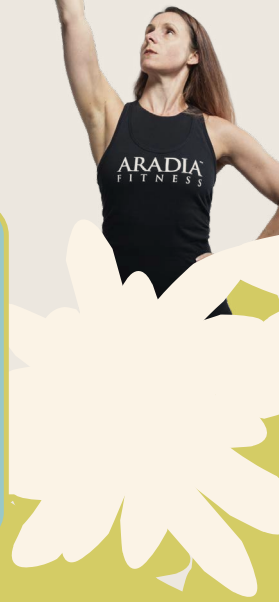
ONE YEAR. ONE CHAMPION.

*The person with the most Fitness Class check-ins takes the **crown** (and the **prize**)!*

Don't Forget!



SCAN TO SIGN UP FOR
FITNESS CLASSES



Please note: Bloom events are only for tenants in buildings managed by Trinity Partners.

fun things that happen in OCT.

holidays, quirky facts, historic moments, and meaningful causes to celebrate, honor, and maybe just laugh about.

OCT 04 *national* CINNAMON BUN DAY

go ahead,
treat yourself!



YUM!

AWARENESS SPOTLIGHT

- ★ Breast Cancer Awareness
- ★ Domestic Violence Awareness
- ★ LGBTQ+ History Month
- ★ Cookie Month
- ★ Book Month



WEIRD & WONDERFUL!

- ★ October 02 - National Name Your Car Day (every good car deserves a name)
- ★ October 10 - Cake Decorating Day (make dessert extra fancy)
- ★ October 16 - National Boss Day (show some appreciation)
- ★ October 20 - International Sloth Day (embrace your inner sloth)
- ★ October 26 - National Pumpkin Day (carve it, decorate it, bake it)

MAJOR MOMENTS

- OCT 01 **Walt Disney World Opens** (1971) First guests in Orlando
- OCT 04 **Sputnik 1 Launches** (1957) First artificial satellite into space.
- OCT 29 **Black Tuesday** (1929) Stock Market crash during the Great Depression
- OCT 31 **The Origins of Halloween** (c. 2,000 years ago)

BORN IN OCTOBER?

famous faces share your month!

- ★ Gwen Stefani (Oct. 3)
- ★ John Lennon (Oct. 9)
- ★ Matt Damon (Oct. 8)
- ★ Julia Roberts (Oct. 28)
- ★ Winona Ryder (Oct. 29)



DID YOU KNOW?

The birthstone for October is opal, which represents hope, purity, and creativity.



October's flowers are Marigold and Cosmos, representing joy and harmony.



FUN FACTS

October is the tenth month of the year, but its name comes from the Latin word octo, meaning "eight."

October is home to the largest full moon of the year in some years, known as the Hunter's Moon.

*let's make
this month*
UNFORGETTABLE!



Newly
Renovated!

GET SOME GRUB

11:30 am—1:30 pm

Head on over for some good eats!

Click on the logos for menu options and pricing.

PARKING LOT BETWEEN
3005 & 3015 CARRINGTON MILL BLVD.



Food truck schedule can be found on the digital lobby directories and at perimeterparkoffice.com/events

Oct. 6

Oct. 13

Oct. 20

Oct. 27

The
FLAT DRUM



**FALL
FEST**



FOLLOW THE SMOKE
Chophouse **BBQ**
CHOPHOUSEBBQCATERING.COM

Ty's
All Natural



LUNCH JUST GOT BETTER!

Take a break, grab a bite, and enjoy Food Truck Tuesdays in our newly refreshed outdoor gathering space! With new tables, chairs, landscaping, cornhole, and plenty of room to relax, it's the perfect place to enjoy lunch with coworkers. The outdoor space is yours to enjoy all year long—even on days when the food trucks aren't here.

YOUR *Perimeter* PARK NEIGHBORHOOD

DID YOU KNOW?

Perimeter Park has over **seven miles** of walking trails!

1

The Green

Located in front of 1010 Sync St.
Pocket Park with Putting Green, Bocce Court, and Plaza with Patio Seating.

2

The Perk Amenities Hub

3025 Carrington Mill Blvd.
Fitness Center, Cafe & Lounge, Outdoor Patio, Meeting Space Conference Center, Group Fitness

3

Food Trucks

3005 & 3015 Carrington Mill Blvd.
Join us here every Tuesday for lunch.

4

Marketplace at Perimeter Park

10970 Chapel Hill Rd.
Retail & Restaurants.

5

Central Campus Courtyard

Located in front of 1009 & 1025 Think Place
Shared outdoor gathering.

6

Fitness Center

3800 Paramount Pkwy.

●

Go Triangle Bus Stop

|

Sidewalks & Trails



WALKING *Trails At* PERIMETER PARK

THE TRAILS

Take a break from the office and enjoy the outdoors at Perimeter Park! The park's walking trails offer tenants an easy way to get some fresh air, stretch your legs, and enjoy the natural surroundings without having to go far. Whether you're looking for a quick midday walk or a chance to clear your head after a busy morning, the trails are a convenient way to step away and recharge.



TRAIL FEATURES

- ★ More than seven miles of walking trails throughout Perimeter Park.
- ★ Easy links between office buildings, green spaces, lakes, and nearby amenities.
- ★ Mix of paved sidewalks, boardwalks, and shaded, tree-lined pathways, designed for quick breaks or long walks.
- ★ Perimeter Park's greenway trails are complemented by Morrisville's network of nearby greenways.



Walk more.
Stress less.
Live well.

Explore the trails that make Perimeter Park a great place to work, live, and thrive.

LEASING

WILLIAM ALLEN

Manging Partner, Office Leasing

wallen@trinity-partners.com

ALEX DUNN

Director, Office Leasing

adunn@trinity-partners.com

**PROPERTY
MANAGEMENT**

AMY MAYER

Partner, Property Mangement

amayer@trinity-partners.com

AMY KIRK

Senior Property Manager

akirk@trinity-partners.com

MELISSA IRGENS

Senior Property Manager

mirens@trinity-partners.com

CANDICE PLACE

Property Manager

cplace@trinity-partners.com

NANCY O'MELIA

Senior Tenant Services Coordinator

nomelia@trinity-partners.com

DENISE LEUBECKER

Assistant Property Manager

dleubecker@trinity-partners.com

ANNA CARLYLE SPEARS

Assistant Property Manager

acspears@trinity-partners.com

ADAM ALMAHROUQ

Assistant Property Manager

aalmahrouq@trinity-partners.com

AIMEE SCOTT

Property Management Assistant

ascott@trinity-partners.com

ASHLEY MINICK

Property Management Assistant

aminick@trinity-partners.com

MIKE LANDRETH

Director, Operations

mlandreth@trinity-partners.com

TOM SCOTT

Senior Operations Manager

tscott@trinity-partners.com

JOEY STRICKLAND

Operations Manager

jstrickland@trinity-partners.com

**PROJECT
MANAGEMENT**

RYAN PETERMAN

Partner, Project Mangement

rpeterman@trinity-partners.com

ROB HOYT

Senior Project Manager

rhoht@trinity-partners.com

MARK SZYMANSKI

Project Manager

mszymanski@trinity-partners.com

**CUSTOMER
SERVICE**

919.415.4404

The Perk Meeting Space

customerservice@trinity-partners.com

919.415.4400

24-Hour Customer Service

customerservice@trinity-partners.com

