1. Give Your Regards to Broadway:
   Start 49th and Y: (by Ellison Bldg.) Go South (right) on 49th | Left on 50th St | Right on Broadway | Right on Stockton Blvd (2nd Ave = 1 mile) | Right on 2nd Ave | Left on 49th St | **End 49th and Y = 1.5 miles**

2. Inside Track:
   Start 49th and Y: Go West (left) up 6 Y St | Right on 48th St | Left on X St | (Main Hospital = .5 mi) | Right on Stockton Blvd | Right on 39th St | Right on V St (ER = 1 mile) | Right on 49th St | **End 49th and Y = 1.6 miles**

3. Outside Track:
   Start 49th and Y: Go South (right) on 49th | Left on 50th St | Right on Broadway | Right on Stockton Blvd | Right on T St | Right on 51st St | Right on V St | Left on 49th St | **End 49th and Y = 3.2 miles**

4. Marriott for Coffee, Lunch or Dinner:
   Start 49th and Y: Walk up through parking lot #17 | Left on 45th St | Right on Y St to Marriott = .3 miles. | Return to ACC | **End 49th and Y = 0.6 miles**

5. A Good Quick Walk:
   Start 49th and Y: Walk North (left) on 49th toward V St | Left on V St | Left on 48th St | Left on Y St | **End 49th and Y = 0.5 miles**

6. 3rd Floor ACC Parking Structure:
   For a sheltered place to walk out of the hot sun, wind or rain. Many class participants have recommended this as a good place to exercise, assuming there are no cars driving around! Caution is always key here. The distance has not been measured at this time.