Healthy Suggestions:
- For a safe walk, wear tennis shoes with good arch support
- Walking with a buddy makes the time go quickly while the walk is more safe and enjoyable
- Drink plenty of water before you start out
- If choosing to walk on your own, share your route with a coworker before leaving
- For healthy heart care, build up to at least 10 miles a week
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=1mile) | 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.