

4th Annual Wellness Walk

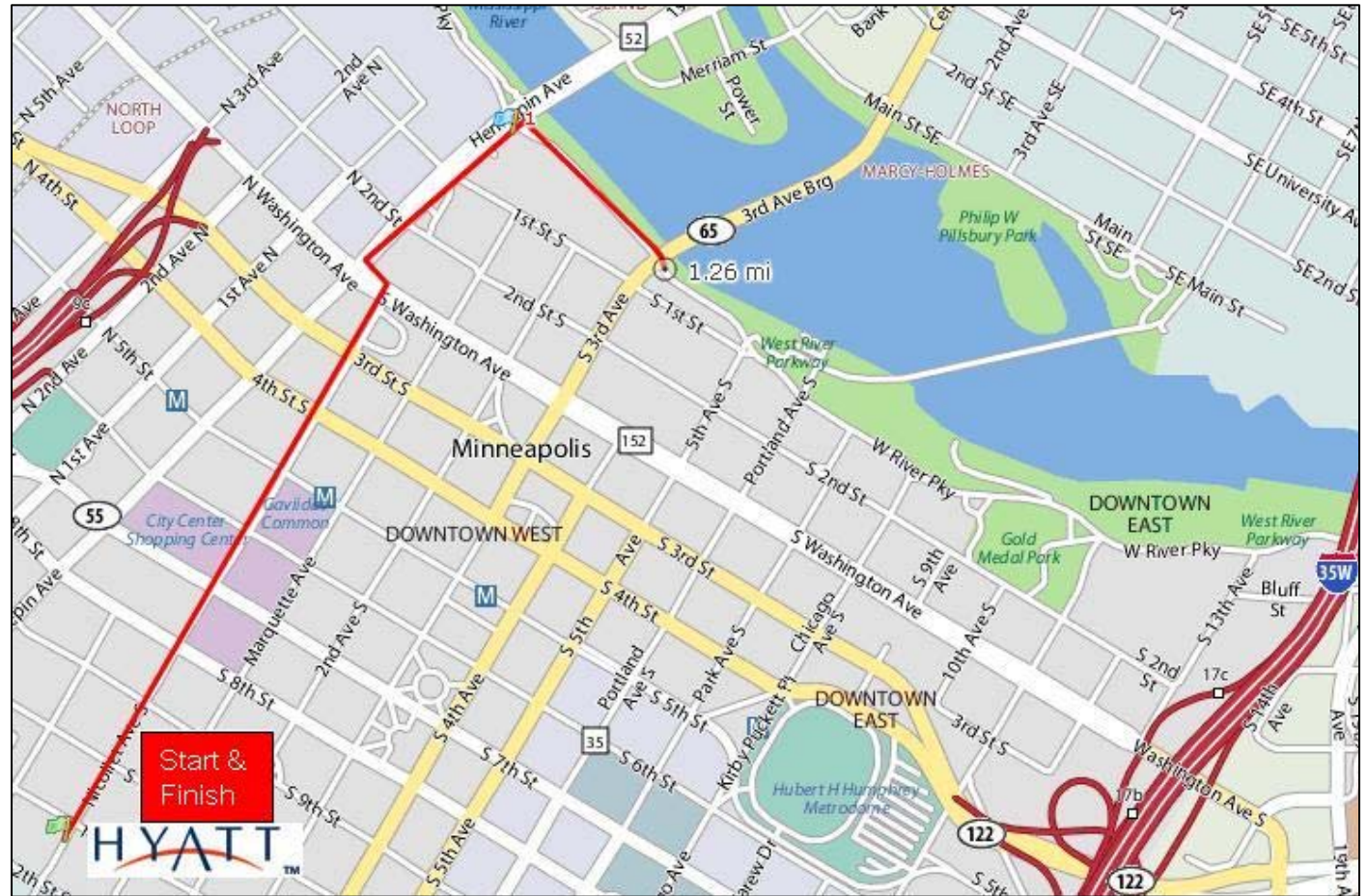
Walkers' Route Map—A 2.5 mile walk/run through downtown Minneapolis and along the scenic Mississippi River.

Schedule:

Wed, Oct. 5

6:20 a.m.—Meet in the Hyatt Hotel Lobby
6:30 a.m.—Walk/Run begins

Participants receive a 2011 Wellness Walk T-shirt!



Walkers: From the Hyatt, follow Nicollet Mall and Hennepin Avenue to the scenic Mississippi River and back to the hotel. *See next page for route details.*

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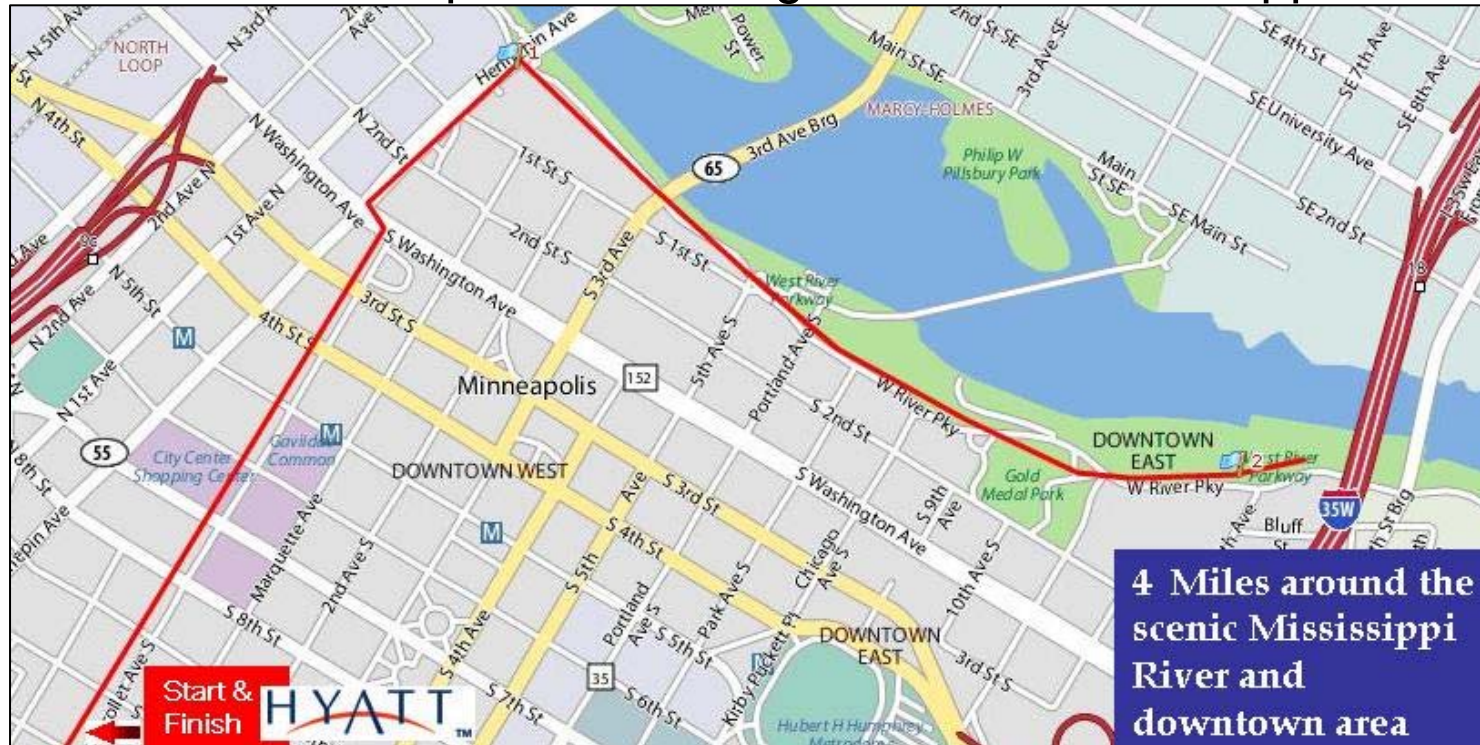


Detailed Directions for the 2.5-Mile Route (out-and-back route):

1. Take a **Left** onto Nicollet Mall as you exit the Hyatt Lobby.
2. Follow Nicollet Mall, crossing over Washington Ave.
3. Take a **Left** on Washington Ave. Follow ½ block.
4. Take an immediate **Right** on Hennepin Ave. Follow to the River.
5. At the Hennepin Ave Bridge, take the **stairway** down to the River front walkway. (Do not cross the bridge)
6. Go **Right** on the River pathway.
7. As you cross under the bridge (3rd Ave Bridge), you have gone 1.25 miles. **Turn Around** for the 2.5-mile route.
8. Follow the River Pathway back to the Hennepin Ave Bridge; take the **Stairway** up to Hennepin Ave.
9. Go **Left** onto **Hennepin Ave** at the top of the Stairway.
10. Take a **Left** onto **Washington Ave**
11. Take **Right** onto **Nicollet Mall**.
12. Follow until you return to the **Hyatt** (Nicollet Mall & 12th St.)

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Joggers'/Runners' Route Map—A 4-mile run through downtown Minneapolis and along the scenic Mississippi River.



Joggers/Runners: From the Hyatt, follow along Nicollet Mall and Hennepin Ave to the Hennepin Ave Bridge. Continue along the scenic Mississippi River pathway; then back to the Hyatt. *See next page for route details.*

Schedule:

Wednesday, October 5

6:20 a.m. — Meet in the Hyatt Hotel Lobby

6:30 a.m. — Walk / Run Begins

Participants receive a 2011 Wellness Walk T-shirt!

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Detailed Directions for the 4-Mile Route (out-and-back route):

1. Take a **Left** onto Nicollet Mall as you exit the Hyatt Lobby.
2. Follow Nicollet Mall, crossing over Washington Ave.
3. Take a **Left** on Washington Ave. Follow ½ block.
4. Take an immediate **Right** on Hennepin Ave. Follow to the River.
5. At the Hennepin Ave Bridge, take the **stairway** down to the River front walkway. (Do not cross the bridge).
6. Go **Right** on the **River pathway**.
7. Follow the path past the Mill City Ruins park, Guthrie Theatre (blue building with portraits of writers in the front), to the **illuminated blue pillars** on the left side of the path. *This is the memorial to the victims of the 35-W bridge collapse (2007).*
8. **Turn Around** for the 4-mile route.
9. Follow the River Pathway back to the Hennepin Ave Bridge; take the **Stairway** up to Hennepin Ave.
10. Go **Left** onto Hennepin Ave at the top of the Stairway.
11. Take a **Left** onto Washington Ave
12. Take a **Right** onto Nicollet Mall.
13. Follow until you return to the Hyatt (Nicollet Mall & 12th St.)