



5TH ANNUAL

WellnessWalk



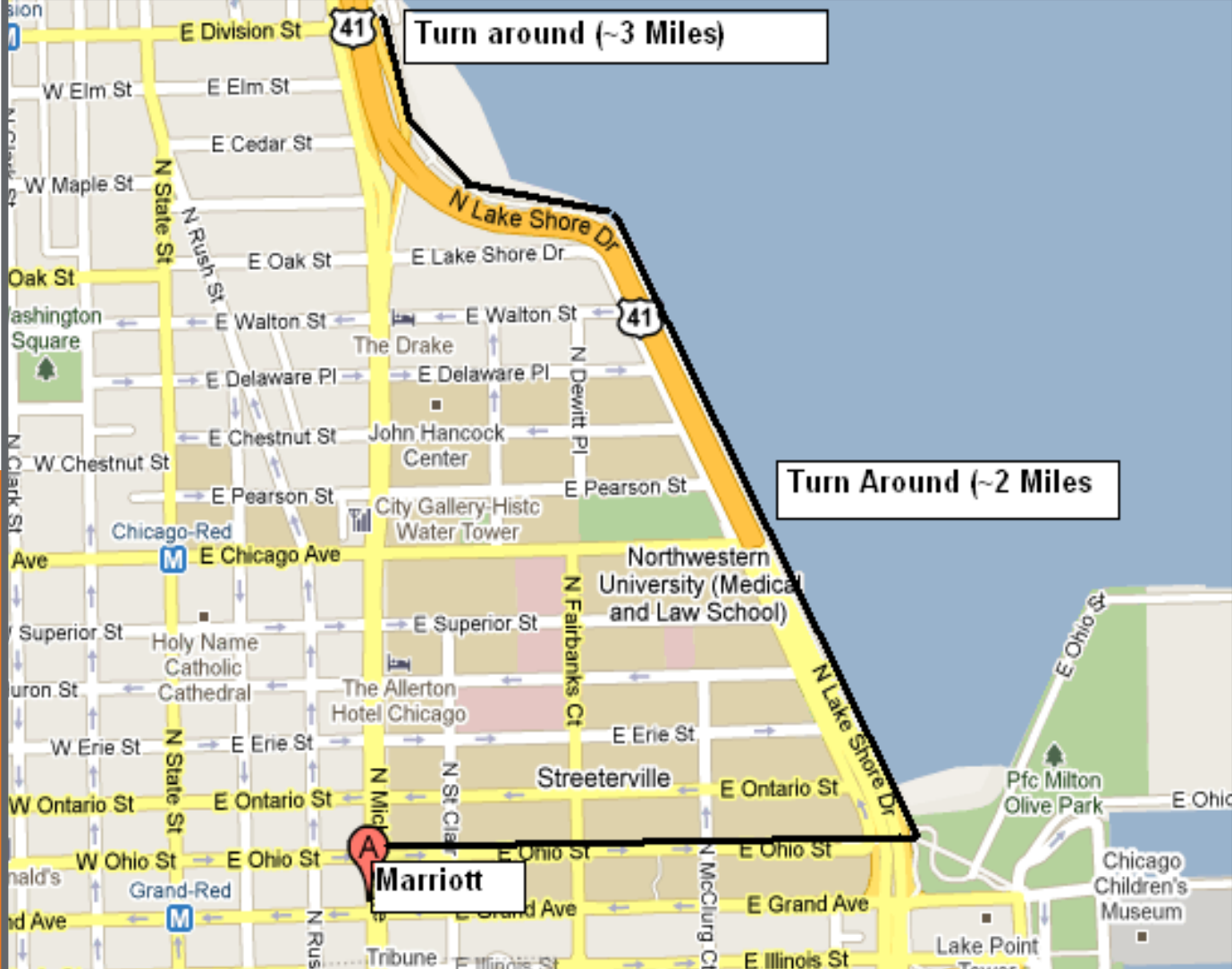
A beautiful walk/run along Chicago's scenic shoreline of Lake Michigan.

Thursday, Sept. 13

7:20 a.m. — Meet in the main lobby, Michigan Ave. side (by Starbucks)

7:30 a.m. — Walk/Run begins

Participants receive a 2012 Wellness Walk t-shirt!



Start and End: Chicago Marriott Downtown Magnificent Mile

Route: Take a **Left** onto Michigan Ave. **Right** on Ohio St to **Left** on N. Lake Shore Drive **Running Path**. Follow to desired turnaround distance.

Walkers: Turn around at Pearson Ave (~2 Miles). Follow route back to Marriott.

Joggers/Runners: Turn around at Division St. (~3 Miles). Follow route back to Marriott.