





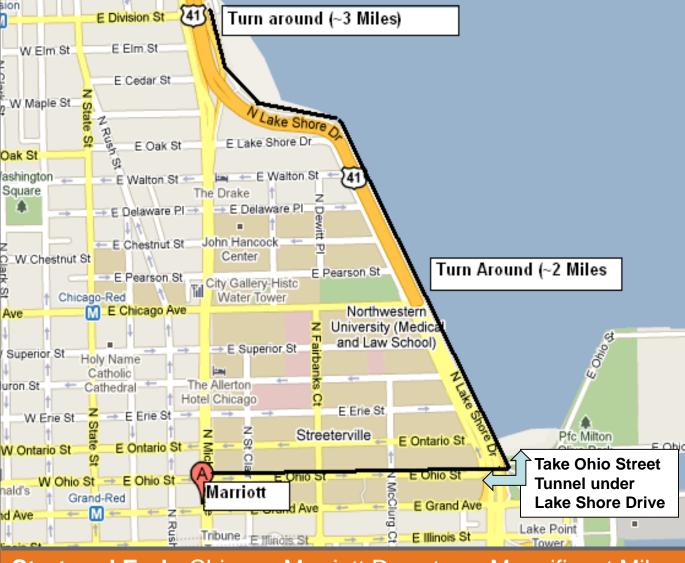
A beautiful walk/run along Chicago's scenic shoreline of Lake Michigan.

Thursday, Sept. 11, 2014

7:20 a.m. — Meet in the main lobby, Michigan Ave. entrance, top of the stairs

7:30 a.m. — Walk/Run begins

Participants receive a 2014 Wellness Walk t-shirt!



Start and End: Chicago Marriott Downtown Magnificent Mile

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

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

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