



# 7<sup>TH</sup> ANNUAL WellnessWalk



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.