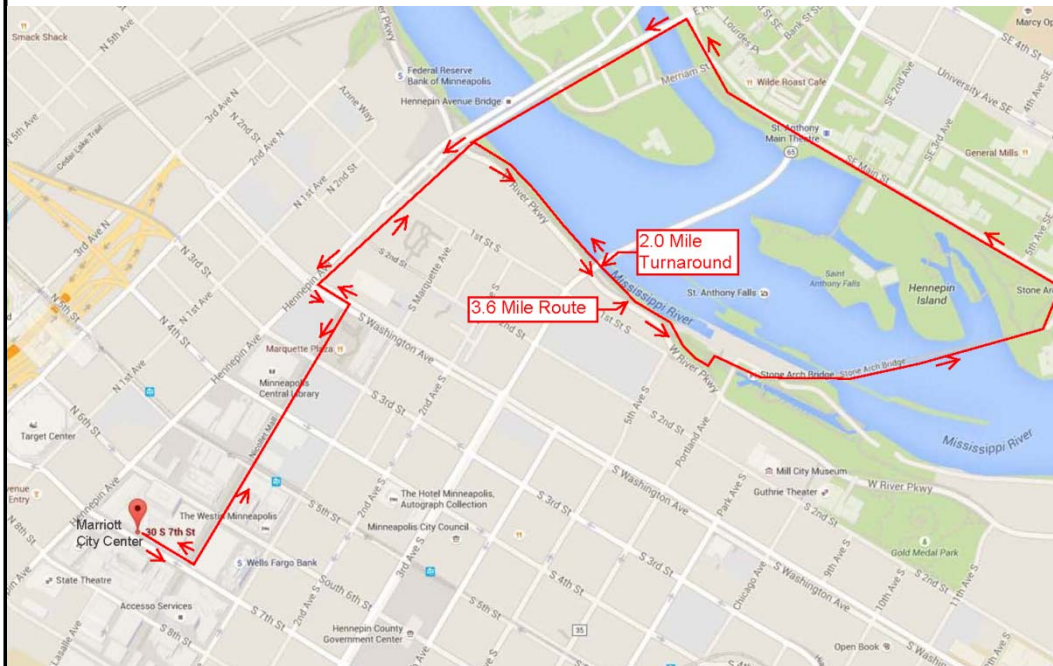


8TH ANNUAL
WellnessWalk



Wednesday, Sept. 30

7:15 a.m. -- Check in at the 4th Floor Registration Desk

7:30 a.m. -- Walk/Run begins

Participants return to the Marriott Street Level Entrance for refreshments and an 8th Annual Wellness Walk t-shirt.

Route for Wellness Walk

- Exit Marriott, turn **Left** on 7th Street toward Nicollet Mall.
- **Left** onto Nicollet Mall. Continue straight, crossing over Washington Ave.
- **Left** on Washington Ave. Follow ½ block.
- Immediate **Right** on Hennepin Ave. Follow to the River.
- At the Hennepin Ave Bridge, **take the stairs/ramp** down to the River front walkway. (Do not cross the bridge).
- Go **Right** on the River pathway.
- **Walkers:** As you cross under the bridge (3rd Ave Bridge), you have gone 1 mile. **Turn Around for the 2-mile route** and follow route back to the Marriott.
- **Joggers:** Continue following the path toward the Stone Arch Bridge
- **Left** to cross the Stone Arch Bridge
- **Left** at SE Main Street. Follow to Hennepin Ave.
- **Left** onto Hennepin Ave. Follow to Washington Ave.
- **Left** onto Washington Ave.
- **Right** onto Nicollet Mall.
- **Right** onto 7th Street. Follow to Marriott.
- **End 3.6-mile route**