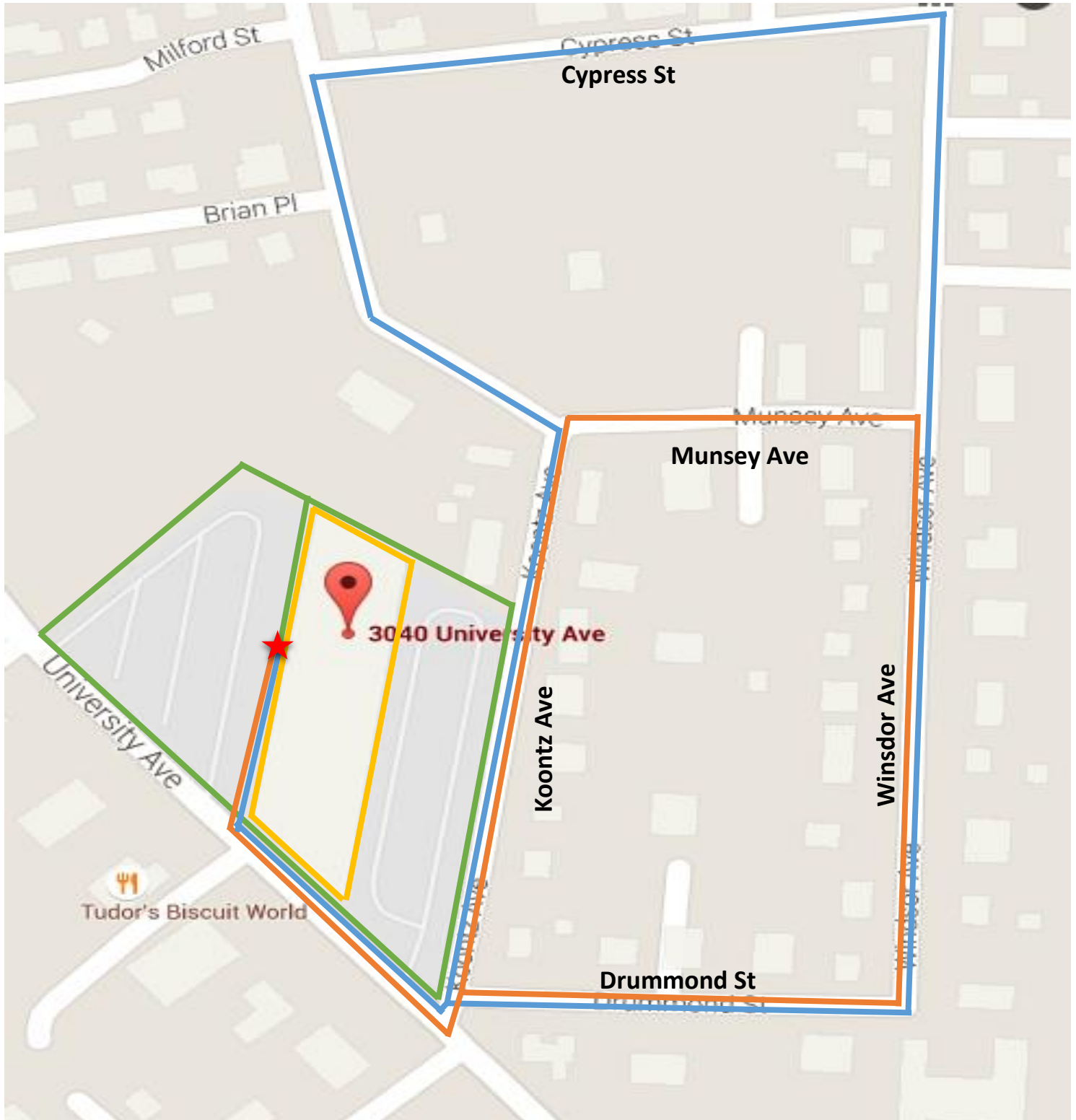


Corporate Office Building Walking Routes




Yellow Route: Inside perimeter of the parking lot, along the sidewalk: 1 lap equates to 0.26 miles/ approx. 4.5 minutes

Green Route: Outside perimeter of the parking lot: 1 lap equates to 0.50 miles/ approx. 8-9 minutes

Orange Route: Neighborhood route; Koontz, Munsey, Windsor, and Drummond: 0.70 miles/ approx. 13-14 minutes

Blue Route: Neighborhood route; Koontz, Cypress, Windsor, and Drummond: 0.95 miles/ approx. 16-18 minutes

**Walking pace/time will vary*

ALL ROUTES start and end at the outside door of the main lobby, 2nd floor (noted by  on map)

Walking Routes Notes

Listed below is additional information about the Corporate Office walking routes. Please briefly review the information provided before heading out the door so you know what to expect on your next walk. It is important to make sure that you are safe while walking!

Yellow Route: Inside perimeter of the parking lot

- Slight incline on narrow end of the building
- Caution traffic moving through narrow end of the building (north end)

Green Route: Outside perimeter of the parking lot

- Gravel lot has several grooves resulting in puddles on rainy days. Dusty on dry days.
- Gravel is uneven and may not be ideal for problem joints (ankles, knees)
- Caution traffic moving in and out of parking spaces
- Caution traffic on the narrow end of building (north end)

Orange Route: Neighborhood route; Koontz, Munsey, Windsor, and Drummond

- Caution traffic on Munsey

Blue Route: Neighborhood route; Koontz, Cypress, Windsor, and Drummond

- Slight incline on Koontz
- Multiple pot holes on Cypress

And remember to maintain safety precautions at all times!

- Walk facing traffic when not on a sidewalk
- When not on a sidewalk, walk single file when cars are approaching
- Be aware of environment around you & avoid distractions that take your attention off the road
- Try not to walk alone.
- Wear comfortable, closed toe shoes that do not slip
- Wear sunscreen
- When at an intersection, always remember to cross with caution

HAPPY WALKING!