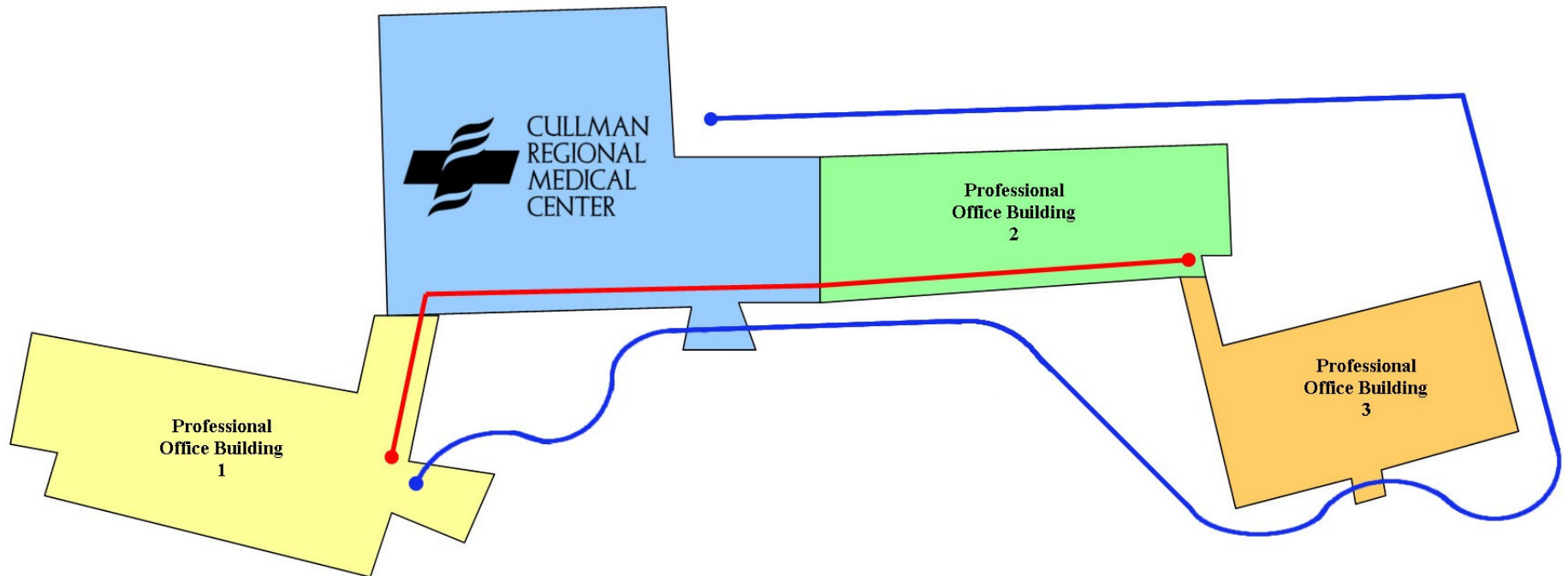


CRMC WELLNESS

INDOOR & OUTDOOR WALKING ROUTES



Indoor Route

POB 1 to POB 3
4 laps = Approx. 1 mile (5200 ft)
1 lap is point to point and back (1300 ft)

Outdoor Route

POB 1 to Cafeteria Doors
3 laps = 1 mile + (5514 ft)
1 lap is point to point (1838 ft)