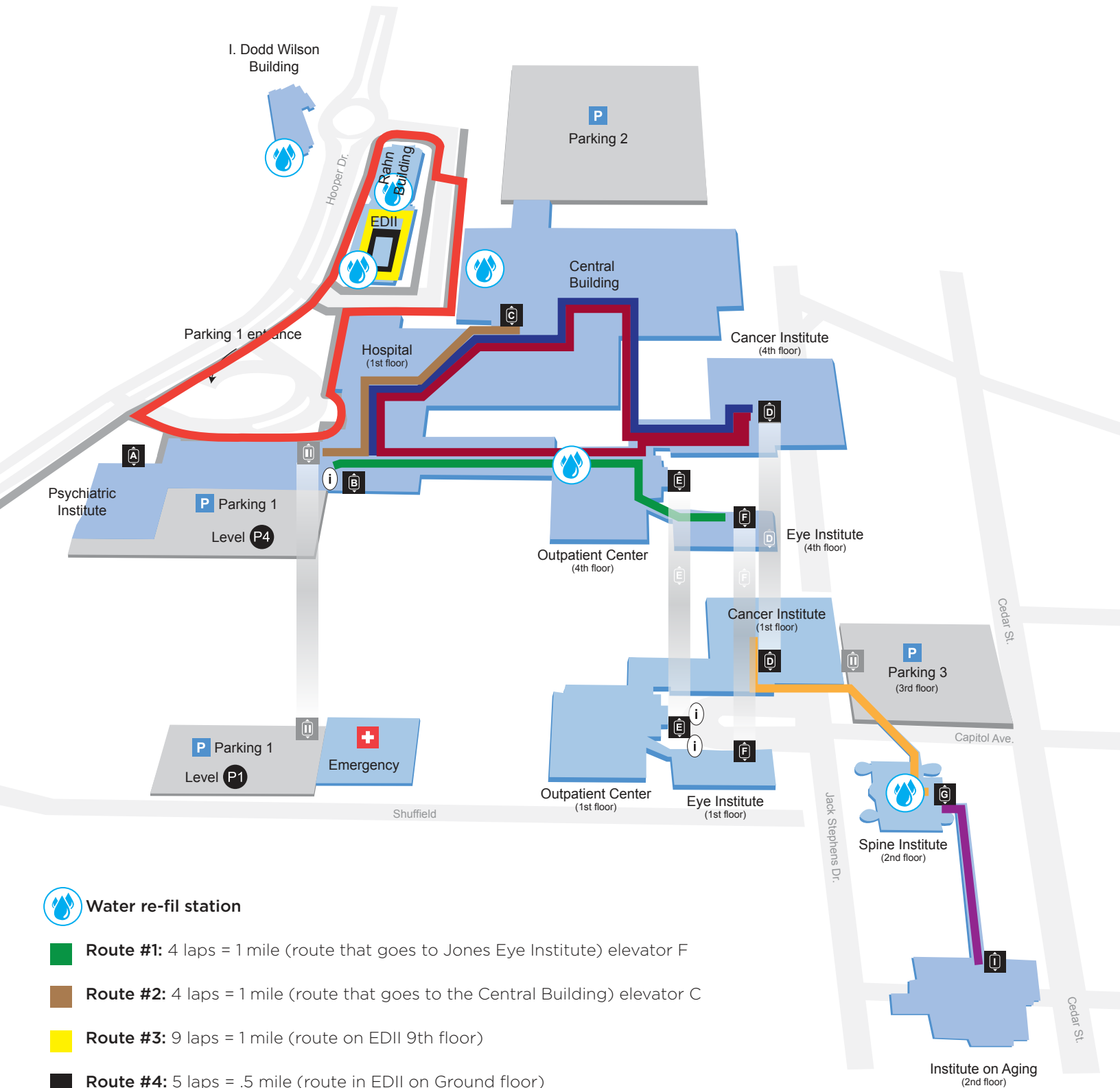











GET HEALTHY UAMS



Water re-fill station

-  **Route #1:** 4 laps = 1 mile (route that goes to Jones Eye Institute) elevator F
-  **Route #2:** 4 laps = 1 mile (route that goes to the Central Building) elevator C
-  **Route #3:** 9 laps = 1 mile (route on EDII 9th floor)
-  **Route #4:** 5 laps = .5 mile (route in EDII on Ground floor)
-  **Route #5:** 2 laps = 1 mile (Outdoor route)
-  **Route #6**
Start at the D Elevator in the Cancer Institute on the 4th floor. Walk towards the Central Building and turn right at the end of the Cancer Institute hallway and walk towards the central building and go right to follow the pathway marked with circles. Circle back to the start at Elevator D in the Cancer Institute on the 4th floor. 1 lap = .62 miles
-  **Route #7**
Start at Elevator G in the Spine Center on the 2nd floor. Use the sky bridge and walk towards the Institute on Aging. Walk all the way to Elevator I. 1 lap = .15 miles, 7 laps = 1 mile
-  **Route #8**
Start at Elevator D in the Cancer Institute on the 4th floor. Walk towards the Central Building and turn right at the end of the Cancer Institute hallway and walk towards the central building and go right to follow the pathway marked with circles to the Lobby Café. 1 lap = .4 miles
-  **Route #9**
Start at the Cancer Institute on the first floor at the Welcome Desk. Turn left from the welcome desk and walk past the Gathering Place (on your right) and walk through the doors and turn left. Follow the covered pathway to Parking 3. Once in parking 3, use the crosswalk to walk to the skybridge to the Spine Institute. Complete this path at Elevator G. 1 lap = .16 miles