

Event Agenda
Employee Health & Fitness Walk
Friday, May 13, 2016

Timeline	
11:30 AM – 1:00 PM	Visit with Health & Fitness Vendors Pick up your race bib at the registration table Late registration (until noon)
NOON	Welcome Warm up (provided by World Gym) Begin walking the one-mile course
12:50 PM	Door prizes

This is a Non-Competitive Event:

1. Walkers need to pick-up a race bib at the registration table before noon.
2. Participants should gather on the South Lawn of the State Capitol prior to noon for this event.
3. The course is approximately one-mile and can be walked at your own pace.
4. Snacks and drinks will be available at the Finish Line.
5. Walkers will be eligible to win a door prize.
6. Race bib number will be used for door prizes. After the walk at the finish line, the Event Raffle tab on your bib number will be collected.
7. Health and Fitness Vendors will be set up before and after the walk to provide information and goodies.

Event Route:

The one-mile walk starts and ends at the Avenue of Flags (circular drive) of the State Capitol. The warm up will be conducted on the South Lawn. Afterwards, the warm up team will lead participants to the starting line. A starting gun will signal the start of the walk.

Participants will walk down the circular drive and turn right onto the sidewalk on Washington Avenue, turn right on Bainbridge Street, turn right on Monroe Street, turn right on Union and turn right again onto Washington Avenue. After **walking the block two times around the Capitol**, participants will finish the walk by heading back up the circular drive where refreshments will be available.

Event sponsors: Alabama Department of Public Health, Governor’s Commission on Physical Fitness & Sports, Alabama Sports Festival and State Employees’ Insurance Board. The walk warm up is provided by World Gym.