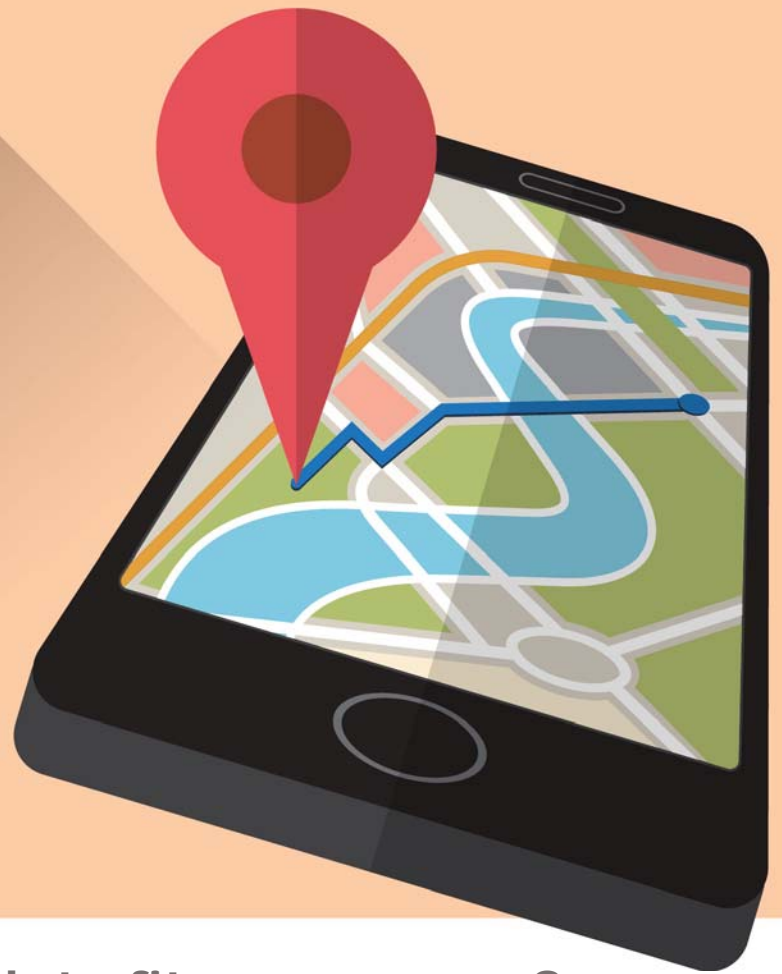


MAP IT OUT



Need a guide on your path to fitness success?

Walking and running outdoors can be a great way to get fit and stay healthy. Use this online mapping tool to devise a route that is close to your home or work, and suits your fitness goals. It's as easy as just a few clicks!

Go to www.usatf.org/routes/map.

Here's how the tool works:

- Select your city and state and zoom in on your area.
- Click "draw map" and then on the map where you would like to start your route. Then, continue to click on the map to plot different points on your route.
- The map is able to display distance and elevation.
- To end your route, simply click "finish" to get your distance stats. You can also use the "Out & Back" tool to follow the route back to the starting point.

Provided by: Hays Companies

80 South Eighth Street, IDS Center, Suite 700
Minneapolis, MN 55402

Tel:

