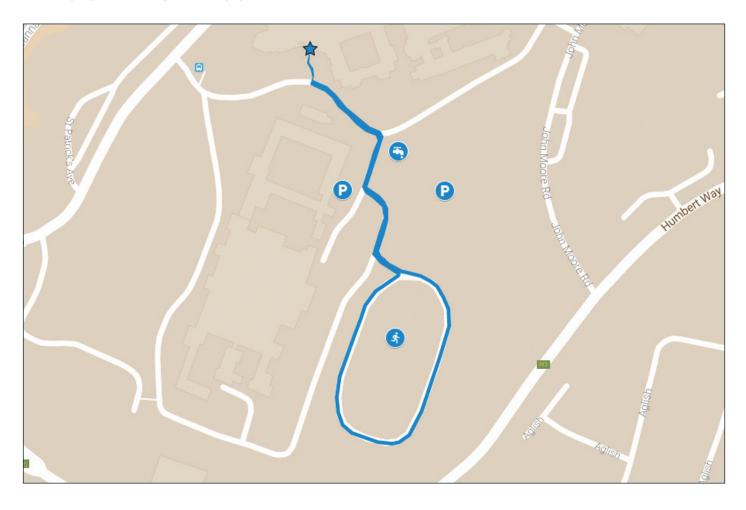


MAYO UNIVERSITY HOSPITAL



THE TRACK WALK

Time: 17 Mins No. of Steps: 1,963 Distance: 1,496 Ms

Directions

- 1. Start off at the main door of the hospital, turn left and walk along the path towards the water tower.
- 2. Turn right at the back of St. Mary's and walk down the path towards the running track.
- 3. Walk to the steps at the right hand side of the tracks.
- 4. Walk around the track twice and then return to the steps. Walk back up towards the water tower and then continue walking back to the main door of the hospital.









