

**Level 2 Route 1**

Directions:

Start @ Student Union on 15<sup>th</sup> Street.  
 Walk toward the Armory.  
 Take a LEFT on Bouton Road.  
 Take Bouton until it intersects with Tibbits.  
 Take a LEFT onto Tibbits.  
 Take your first RIGHT onto Bleeker Ave.  
 Take your first LEFT onto Highland.  
 Follow Highland until you reach Orchard.  
 Take a left on Orchard toward Tibbits.  
 Take a LEFT on Tibbits toward Burdett.  
 Take a RIGHT on Burdett and pass Troy High.  
 Take a LEFT onto Sage.  
 Take a LEFT onto 15<sup>th</sup> Street.  
 Finish at the Student Union.  
**Distance: 1.7 miles**

**Level 2 Route 2**

Directions:

Start @ Student Union on 15<sup>th</sup> Street.  
 At intersection of 15<sup>th</sup> & Sage, take a LEFT onto Sage Ave.  
 Follow Sage and take a LEFT into campus.  
 Circle around 86 Field clockwise.  
 On second lap bear LEFT @ Greene building to walk under JEC overpass.  
 At the 'Y' bear RIGHT to circle around up to JEC.  
 Follow walkway past the JEC, DCC and CII.  
 Go over 15<sup>th</sup> and take a LEFT onto Tibbits Ave.  
 Go up hill and take a LEFT onto Bouton.  
 Take Bouton Rd. until it intersects with 15<sup>th</sup>.  
 Take a RIGHT to finish in front of the Union.  
**Distance: 1.4 miles**



**Level 3**

Directions:

Start @ crosswalk in front of the Student Union on 15<sup>th</sup> Street.  
 Walk toward Hoosick Street on 15<sup>th</sup> Street.  
 Take RIGHT onto Jacob Street.  
 Take first LEFT onto 17<sup>th</sup> Street.  
 Take first RIGHT onto Eagle Street.  
 Follow Eagle until it intersects with Burdett.  
 Take RIGHT onto Burdett.  
 Take first LEFT onto Cook Drive past the Houston Field House.  
 Follow Cook Drive to the end.  
 Take RIGHT onto Sunset Terrace, follow until Tibbits.  
 Take a RIGHT onto Tibbits.  
 Take a RIGHT onto Bouton Road.  
 At the end, take a RIGHT onto 15<sup>th</sup> Street.  
 Finish route in front of Union.  
**Distance: 2 miles**



**Level 4**

Directions:

Start @ Student Union on 15<sup>th</sup> Street.  
 Walk to the intersection of 15<sup>th</sup> and Sage.  
 Take a RIGHT onto Sage Ave.  
 Follow Sage until it intersects with Burdett.  
 Take a RIGHT onto Burdett Ave.  
 Go straight onto Bleeker Ave.  
 Take first RIGHT onto Highland Ave.  
 Take first LEFT onto Brunswick Ave.  
 Follow Brunswick Ave until it intersects with Brunswick Rd.  
 Take LEFT onto Brunswick Rd.  
 Take first RIGHT onto Pawling Ave.  
 At second light bear LEFT onto Pineswood Ave.  
 At Lakewood take a RIGHT.  
 Follow Lakewood until it intersects with Pawling Ave.  
 Take Pawling until you are back at Brunswick Rd.  
 Take LEFT onto Brunswick Rd.  
 Take RIGHT up hill onto Brunswick Ave.  
 Follow Brunswick Ave until it intersects with Tibbits.  
 Take RIGHT onto Tibbits.  
 Take first LEFT onto Bouton.  
 Take Bouton to 15<sup>th</sup> Street.  
 Take RIGHT back to the Union.  
**Distance: 2.6 miles**

**Walking / Running Program Certification**

Complete Walks by May 26, 2017

Detach and return this form to Human Resources by June 12, 2017

**You can only earn one prize.**

Associates: Complete	Distance (miles)	Alternate (miles)	Date	Time Taken
Lvl 1, Rte 1 +	1			
Lvl 1, Rte 2 =	1			
Total	2			

**You've earned an Associate of Wellness Degree!  
 Collect your \$5 Rensselaer Collegiate Store Gift Certificate!**

Bachelors: Complete Associates plus	Distance (miles)	Alternate (miles)	Date	Time Taken
Lvl 2 Rte 1 +	1.7			
Lvl2 Rte 2 =	1.4			
Total	3.1			

**You've earned a Bachelor of Wellness Degree!  
 Collect your \$5 Rensselaer Collegiate Store Gift Certificate!**

Name: \_\_\_\_\_

Received by HR (date): \_\_\_\_\_



# Rensselaer

*Employer of Choice*



## Walking/Running

### Program

Sponsored By

Division

of

Human Resources

November 4, 2016

Through

May 26, 2017

The Walking Program was developed by Mike Bouzan from Rensselaer's Department of Physical Education and Athletics with assistance from Karl Steffen

**Completed walking logs must be submitted to Human Resources no later than June 12, 2017**

Masters: Complete Bachelors plus	Distance (miles)	Alternate (miles)	Date	Time Taken
Level 3 +	2			
Lvl 1, Rte 1 or	1 or			
Lvl 1, Rte 2 =	1			
Total	3			

You've earned a Master of Wellness Degree!

Collect your \$10 Rensselaer Collegiate Store Gift Certificate!

Doctorate: Complete Masters plus	Distance (miles)	Alternate (miles)	Date	Time Taken
Level 4 +	2.6			
Lvl 2, Rte 1 or	1.7 or			
Lvl 2, Rte 2 =	1.4			
Total				

You've earned a Doctorate of Wellness Degree!

Collect your \$15 Rensselaer Collegiate Store Gift Certificate!

**NOTE: You can only earn one prize!**

This program is designed to help its participants engage in a challenging walking program. It is, however, unfair to assume that everyone will be able to follow all of these routes. Therefore, the following are some suggestions that you may choose to follow as alternatives to the routes designed for this program:

- Keep in mind area bike trails such as the one in Watervliet.
- The Ned Harkness Track & Field is open to Rensselaer faculty and staff (do not neglect this valuable asset).
- Treadmills also offer a great cardiovascular workout.
- Take a walk around your neighborhood where you can incorporate hills.

Remember:

*If you choose alternatives to the routes in this program, it is important that you progress. Level 1 is designed to be of a relatively short distance, with few hills. The distance of a Level 1 walk should be anywhere from ¾ of a mile to 1 mile. With each level the distance and/or number of hills increases. In order for an alternative to count, you must progress in the same fashion.*

### Level 1 Route 1

Directions:

Start @ crosswalk in front of Student Union on 15<sup>th</sup> St.  
Follow 15<sup>th</sup> toward the Armory.  
Take a RIGHT @ light before School 14 (Academy Hall).  
Follow campus road through parking lot left of Cogswell Lab & MRC.  
Go around Folsom Library.  
Continue on to walk to the RIGHT of Lally Building and the Greene Building.  
Go past Greene Building to walkway of Jonsson Engineering Building.  
Continue past CII and Sage Dining Hall over pedestrian bridge.  
Go in between the Visitors Information Center and the Student Union.  
Take a LEFT past Union to Sage Ave.  
Take a LEFT on Sage Ave and 15<sup>th</sup> St.  
Finish route in front of Union.

**Distance: 1 mile**

### Level 1 Route 2

Directions:

Start @ Student Union on 15<sup>th</sup> Street.  
Walk in the direction of Hoosick Street.  
Take a RIGHT onto Eagle Street.  
Follow Eagle until it intersects with Burdett.  
Take a RIGHT onto Burdett.  
At the next light, take a RIGHT onto Peoples Ave.  
At Eaton Rd, take a LEFT and proceed to Sage Ave.  
Follow Sage until the next street light, where you will take a LEFT onto 15<sup>th</sup> street.  
Finish at the Student Union.

**Distance: 1 mile**