



2017 SUMMER SCHEDULE

Start time: 8am

Date	Start Location	Distance	Presenters and Topics
June 3*	WEIGH-IN Health Department	1.6 miles	Lindsay Hauser, UVA
June 10	Scott Stadium	1.6 miles	Mark Lorenzoni, Ragged Mountain Shoes
June 17	McIntire Park	1.75 miles	UVA Heart Center
June 24*	WEIGH-IN Health Department	2.0 miles	Putnam Ivey, Health Department
July 1	HOLIDAY	NO WALK	No presenter
July 8	Jefferson School City Center	2.0 miles	UVA Heart Center
July 15	Venable Elementary School	2.5 miles	Dr. Patterson, Club Red at UVA
July 22	Buford Middle School	2.75 miles	No presenter
July 29	Riverview Park	3 miles	Amanda Korman, The Women's Initiative
August 5	Saunders-Monticello Trail	3.75 miles	UVA Heart Center
August 12*	WEIGH-IN Brooks Family YMCA	4.0 miles	No presenter
August 19	McIntire Park	4.0 miles	Jessica Maslaney, YMCA
August 26	Washington Park	4.0 miles	No presenter

*Weigh-ins occur on this day

Questions? Contact Lindsay Hauser at LH7YN@virginia.edu or 434-243-0433.

This walking program is voluntary and free of charge. I release, hold harmless, and promise not to sue the health care volunteers and sponsoring agencies for any and all liability arising from this program. I understand that it is important to consult with my physician before participating in an exercise program.

Addresses and Parking Instructions

- Health Department
 - Address: 1138 Rose Hill Drive
 - Parking: Park in parking lot and enter through Entrance #3
- Scott Stadium
 - Address: 1815 Stadium Rd.
 - Parking: Park in lot T4.
- McIntire Park
 - Address: U.S. Route 250 Bypass
 - Parking: Park in parking lot near the baseball fields
- Jefferson School City Center
 - Address: 233 Fourth Street NW
 - Parking: Park on top floor of parking garage.
- Venable Elementary School
 - Address: 406 14th St NW
 - Parking: Park in school's parking lot or on street
- Buford Middle School
 - Address: 10th St. SW
 - Parking: Park behind the auditorium.
- Riverview Park
 - Address: 302 Riverside Ave
 - Parking: Park in parking lot and meet by the trail's entrance
- Saunders-Monticello Trail
 - Address: Route 53 near Route 20
 - Parking: Meet in parking lot on Route 53/Thomas Jefferson Pkwy.
- Brooks Family YMCA
 - Address: Located off of U.S. Route 250 Bypass
 - Parking: Park in YMCA parking lot. Meet right outside the YMCA's front doors
- Washington Park
 - Address: Intersection of Preston Ave and 10th St. NW
 - Parking: Parking available in parking lot off of 10th St. NW near the Washington Park Pool