ABOUT WALK THE LOOP

Those who would like to participate in Walk The Loop events should plan to meet at the trailhead of the assigned section at 5:30 p.m. when the walk begins. In case of weather on a scheduled walk date, that date will be canceled and will not be rescheduled. Check the rainout line for updates. https://rainoutline.com/search/exten sion/7853714980/5 No registration is required to attend the walks!

BEFORE YOU WALK

- Make sure you're on the same page as your healthcare provider if you are starting new physical activity.
- Take time to warm up and increase your pace at a comfortable level for you. Gradually slow your pace when it's time to cool down.
- Carry a cell phone and identification with you in case of emergency. Dial 911 incase of emergency.
- Wear comfortable shoes and bring water.

MORE INFORMATION

For more information on the Lawrence Loop, visit lawrenceks.org/loop

PARKING & TRAILHEAD INFORMATION

OCTOBER 3

-Park and meet at 5:30 p.m. in the Sports Pavilion Lawrence parking lot. 100 Rock Chalk Ln. -<u>Half way:</u> 1.5 miles -<u>Round trip:</u> 3 miles

OCTOBER 10

-Park and meet at 5:30 p.m. in the Rotary Arboretum parking lot. 5100 W 27th St.

- -Half way: 1.6 miles
- -Round trip: 3.2 miles

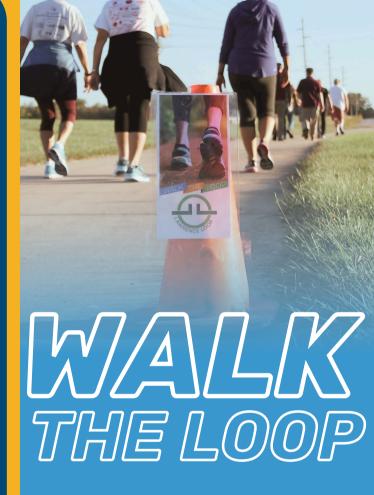
OCTOBER 17

- -Park and meet at 5:30 p.m. in the Baker Wetlands Discovery Center parking lot. 1365 N 1250 Rd.
- -Half way: 1.9 miles
- -Round trip: 3.8 miles

OCTOBER 24

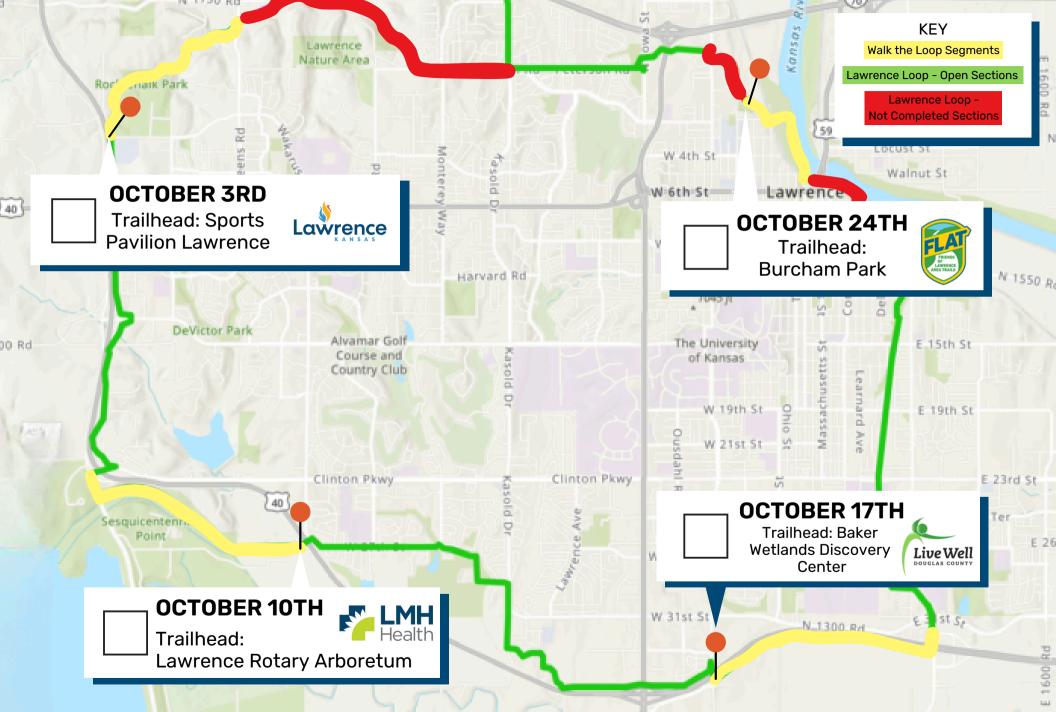
-Park and meet at 5:30 p.m. in the Burcham Park parking lot. 200 Indiana St. -<u>Half way:</u> 1.3 -Round trip: 2.6







WALK THE LOOP MAP 2024



SEE BACK FOR PARKING AND TRAILHEAD INFORMATION