

Downtown — Route 1

1 mile

Start: Leighton HealthPlex entrance on Jefferson Blvd.

Jefferson Blvd to Michigan, turn right (south)

Walk to Wayne Street, turn left (east)

Note: Wayne Street turns into Jefferson

Cross river

Go down wood stairs at the Emporium restaurant

At bottom of stairs, turn right (north)

Cross walking bridge on your left

(Landmark: "East Race Waterway" sign)

Walk towards the river through Seitz Park

Walk on sidewalk along the river

(Landmark: Century Center to your left)

Turn left on Colfax Avenue (west)

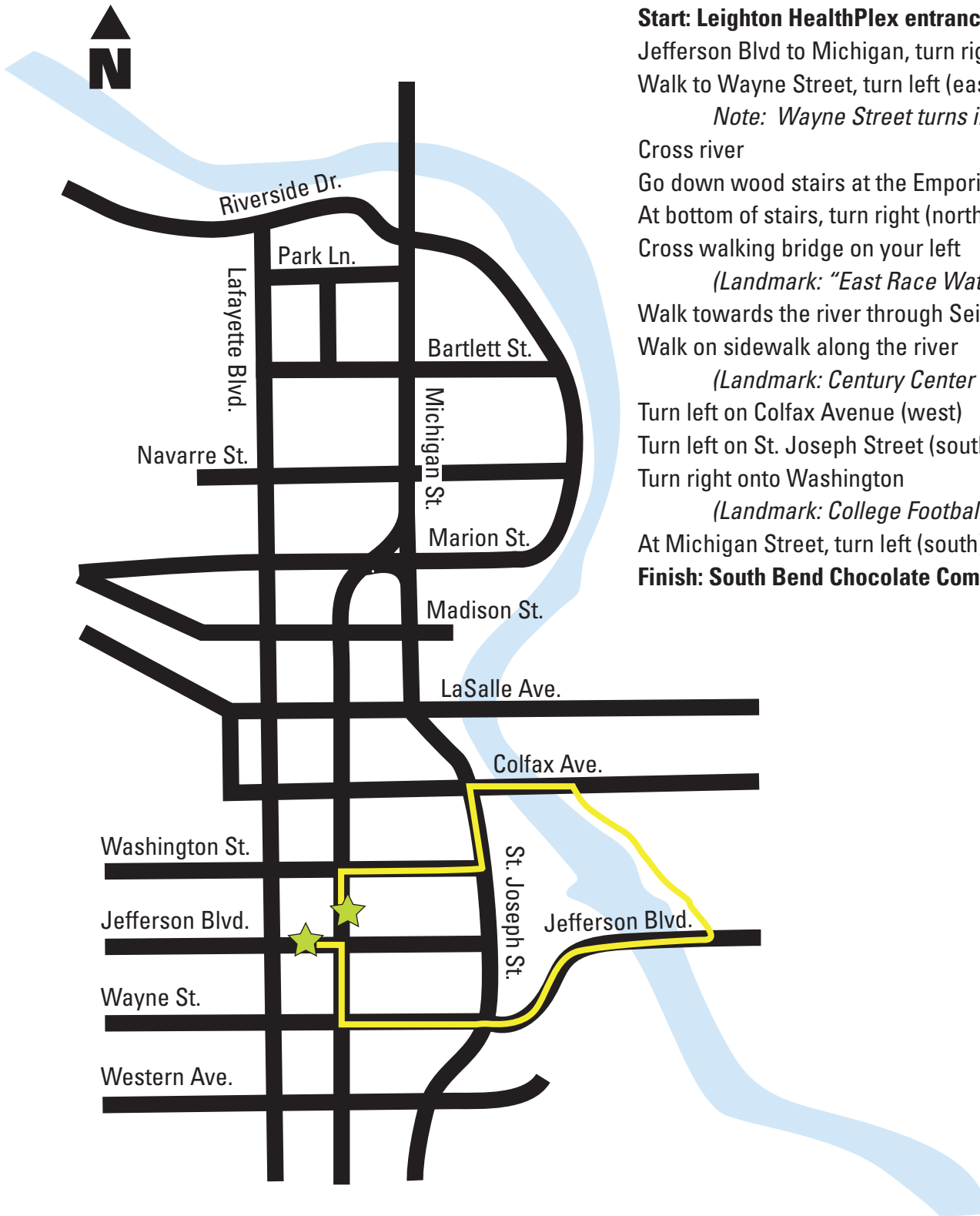
Turn left on St. Joseph Street (south)

Turn right onto Washington

(Landmark: College Football Hall of Fame)

At Michigan Street, turn left (south)

Finish: South Bend Chocolate Company



Memorial
Health & Lifestyle CenterSM

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www.healthandlifestylecenter.org