Wooster Campus...

“On the Path to Wellness”
## Wooster Campus Routes

<table>
<thead>
<tr>
<th></th>
<th>Route Description</th>
<th>Distance (in miles)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>ATI Central Campus Loop</td>
<td>.65</td>
</tr>
<tr>
<td>2</td>
<td>Secrest Arboretum Scenic Pathway Loop</td>
<td>.66</td>
</tr>
<tr>
<td>3</td>
<td>OARDC Central Campus Loop</td>
<td>1.0</td>
</tr>
<tr>
<td>4</td>
<td>ATI Extended Campus Loop</td>
<td>1.1</td>
</tr>
<tr>
<td>5</td>
<td>OARDC Extended Campus Loop</td>
<td>1.5</td>
</tr>
<tr>
<td>6</td>
<td>Secrest Arboretum Scenic Loop</td>
<td>1.9</td>
</tr>
<tr>
<td>7</td>
<td>OARDC Central Campus Secrest Gardens Loop</td>
<td>2.3</td>
</tr>
<tr>
<td>8</td>
<td>OARDC Full Campus Loop</td>
<td>2.7</td>
</tr>
<tr>
<td>9</td>
<td>OARDC-ATI Campus Loop</td>
<td>2.8</td>
</tr>
<tr>
<td>10</td>
<td>OARDC 5K Loop</td>
<td>3.1</td>
</tr>
<tr>
<td>11</td>
<td>ATI S. A. C. Loop</td>
<td>3.4</td>
</tr>
<tr>
<td>12</td>
<td>OARDC Area Loop</td>
<td>4.2</td>
</tr>
</tbody>
</table>
Secrest Arboretum Scenic Pathway Loop

Secrest Gardens

Research Operations

Parking

Stone House

Rose Garden

.66 Miles
OARDC

Extended Campus Loop

1.5 Miles
SAFETY TIPS

WALKING

Walk on sidewalks; if there is no sidewalk, walk on left facing traffic.

The driver of a vehicle yields the right-of-way to pedestrians in a crosswalk.

Pedestrians walking on the roadway shall yield the right-of-way to vehicles.

When walking in groups, form a single file as traffic approaches.

Cross streets at marked intersections, if possible.

Don’t assume vehicles will stop; make eye contact with drivers.

Obey traffic signals and signs.

RUNNING

Run against traffic, so you can observe approaching automobiles.

Don’t wear headphones. Use your ears to be aware of your surroundings.

Cross streets at marked intersections, if possible.

Be sure driver of a vehicle acknowledges your right-of-way before crossing.

Obey traffic signals and signs.

Carry ID or write your name, phone #, and medical info. inside of your shoe.

BICYCLE

Always wear a helmet.

Ride on the right side, with traffic.

Obey road rules, including stop signs and traffic lights.

Give hand signals when changing lanes or turning left or right.

Ride in a predictable manner, don’t make sudden movement changes.

Make yourself visible as possible, wear bright, light or reflective clothing.

*Be observant at all times and report any suspicious activity to the OSU police.
Wellness..
the quality or state of being healthy in body and mind, especially as the result of deliberate effort.

Created by:
Matt Devore, Jane Douglas, Roger Hamilton, Steve Neal, and Gary Warren