

Indoor Walking Sites and Times

Diamond Run Mall

Hours: Mon.-Sat., 7 a.m.-9 p.m.

Sun., 7 a.m.-5 p.m.

Enter at Food Ct. or near K-Mart

Distance: Inside perimeter is ½ mile; outside perimeter of parking lot is 1.2 miles.

Home Depot

Hours:

Winter

Mon.-Sat., 6 a.m.-9 p.m.

Sun., 8 a.m.-9 p.m.

Distance: Inside perimeter is about ¼ mile; up and down all the aisles is about 1 mile.

Mgr. Joe Audette asks walkers to be cautious of forklifts, supplies, etc.

Wal-Mart

Hours: 7 a.m.-10 p.m.

Distance: Inside perimeter is a little less than ¼ mile. Walking all the aisles is about ½ mile.

Knights of Columbus

Hours: Mon.-Fri., 9:00-2:30 (unless gym is in use for another activity)

Distance: Six times around the gym is approximately ¼ mile

Walkers can sign-out the key from the Boys and Girls Club (747-4944, 71-77 Merchants Row). Ask for Larry or Ginger.

Poultney High School

On schooldays: 6:30-7:30 a.m. in the gym (no street shoes allowed)

Otter Valley High School

On schooldays: 6:00-7:00 a.m. in the hallways

Questions? Contact Jen at 802-786-7324 or jen@walkrutland.com