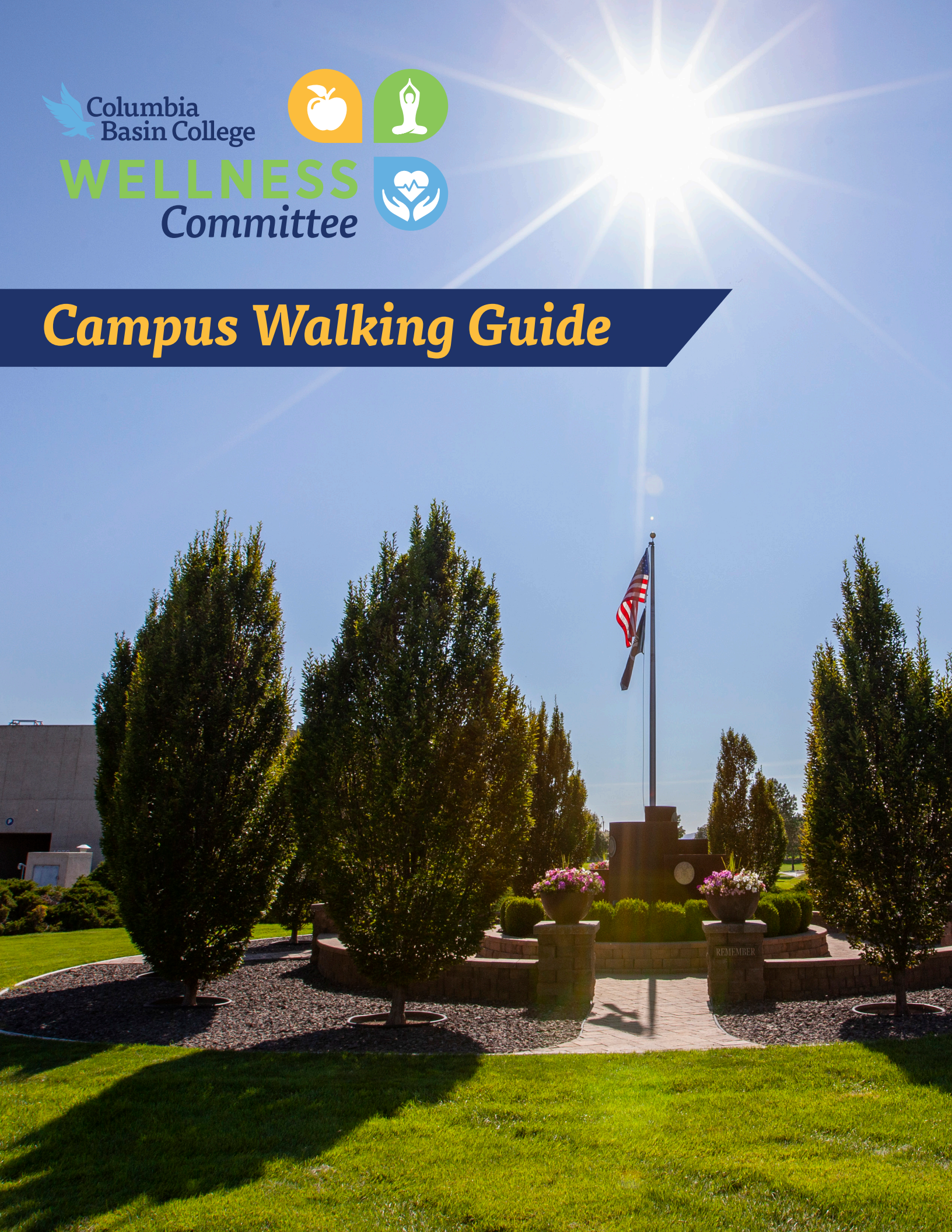
Columbia Basin College

WELLNESS Committee

Campus Walking Guide



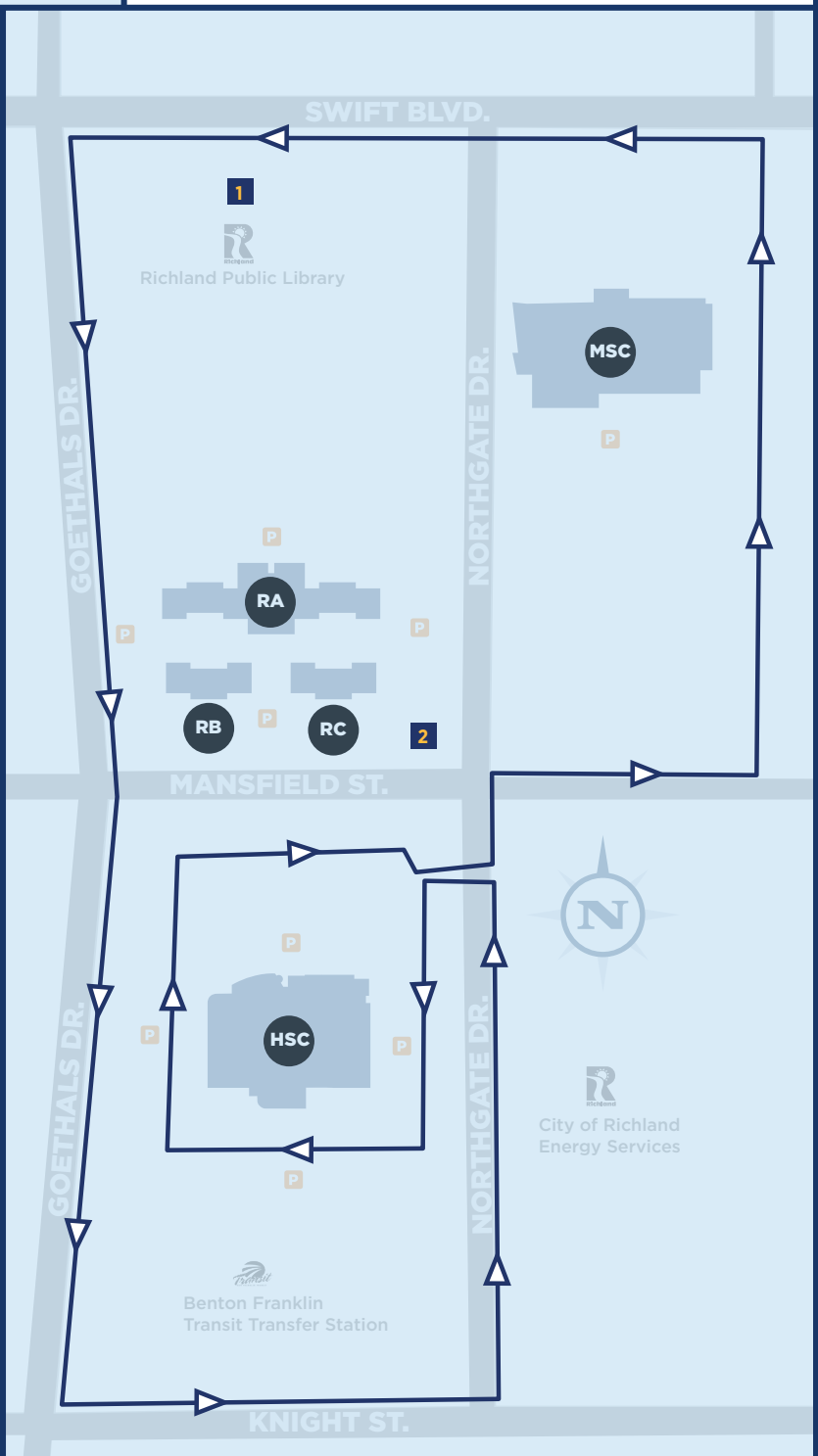
Walking Routes



Columbia Basin College
WELLNESS Committee

PASCO ROUTE A: *distance: 1 mile, time: 20 minutes, calories burned: 109*
PASCO ROUTE B: *distance: 1 mile, time: 20 minutes, calories burned: 117*
PASCO ROUTE C: *distance: 1.5 mile, time: 30 minutes, calories burned: 116*
RICHLAND ROUTE: *distance: 1 mile, time: 20 minutes, calories burned: 110*

Looking to change up your workday with a walk during a break? Consider following these tips for a successful journey around campus



Walking Tips

Take it Slow

Do a few warm-up exercises and stretch before you start your adventure. More stretching, less stressing! Start out slow, and try walking a portion of the route instead of the entire length.

Check the Forecast

If hot weather is expected, be sure to wear appropriate, cool clothing, and consider wearing a hat, sunglasses, and applying sunscreen before you soak up the sun. For cooler weather, bundle up with a coat, gloves, and grab an umbrella if rain is expected. If it's raining cats and dogs, blizzarding snow or more than 100 degrees outside, you may want to consider walking indoors instead. The SRC, T, and SWL buildings all have great options for walking inside.

Remember to Hydrate

Pack a water bottle or healthy sports drink with you on your campus walk. Exercising takes a lot of energy (and you're not a cactus), so replenishing your body with water and/or electrolytes is always a good idea!

Treat Your Feet

Bring a pair of comfortable walking shoes with you to work if you can, and store them so you can easily change into them before you embark on your walk. Your feet will thank you later!

Phone a Friend

Walk with a colleague when you can! Build camaraderie with other staff and faculty at CBC who enjoy walking, or make your next meeting a walking meeting to encourage wellness in your department.

Keep it Interesting

Already tackled all of the walking routes in this booklet? Change things up and try a new route of your own! Wander around the CBC baseball field, or walk diagonal across campus from the A building to the CTE building. Change the terrain and walk up and down the stairs in SWL. Incorporate light weights or increase the pace of your walk to keep things fresh.

Sights to See

Below are some features on or near these walking routes that add beauty and wonder to our campus grounds!



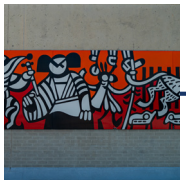


Pasco Campus:

1. *Martin Luther King, Jr.*, cast bronze sculpture, west side of the T building.
   Artist: Nancy Lewis, 1989



2. *Sundial*, metal sculpture between the southwest side T building and Pavillion.
   Artist: unknown



3. *Outdoor pavilion structure*, metal and wood.
   Funded by ASCBC circa 1980s



4. *History of Dance*, enamel on steel mural, west side of the V building.
   Artist: Harold Balazs, 1979



5. *Organic Figures*, cast concrete sculpture between the A and B buildings.
   Artist: CBC students, under direction of Ted Neth and Lew McCord



6. *People*, metal sculpture on the east side of the A building.
   Artist: CBC students under the direction of Ted Neth and Lew McCord, 1969



7. *Retreat*, Wood, rock, found metal farm implements. Garden area on south side of A building. Artist: Brian Swanson, 2004

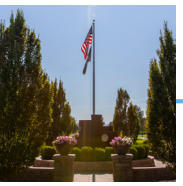
8. *CBC Hawk statue*, metal and neon, built in 1958 and installed in 1959 by CBC welding students under the direction of Buzz Culbert



9. CBC Student Housing, on 20th Avenue, across the street from CBC Pasco, to the west of campus



10. *Untitled*, redwood, east side of P building. Artist: Morse Clary, 1976



11. Veterans Memorial, east side of P building, between HUB and P building



12. CBC Soccer fields, west side of campus, west of the P building



13. CBC Farm, west side of CTE building, bordering Farm Road



Richland Campus:

1. Richland Public Library Park and *Story Time sculpture*,
   off Swift Blvd and Northgate Dr.



2. *CBC Hawk statue*, metal, built and installed circa 1970s

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