Date:	Miles:	Time:	Notes:
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

City of Haysville

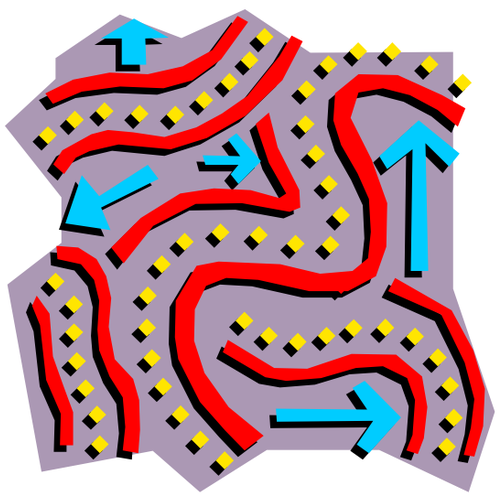
200 W Grand Ave.
Haysville, KS 67060

Phone: 316-529-5900
www.haysville-ks.com

January 2011

City of Haysville

Haysville Hike & Bike Path



Map & Information
Weekly Walking Log

Things to Remember

Cross only at corners or marked cross walks.

Stop at the curb, or the edge of the road.

Stop and look left, then right, then left again, before you step into the street.

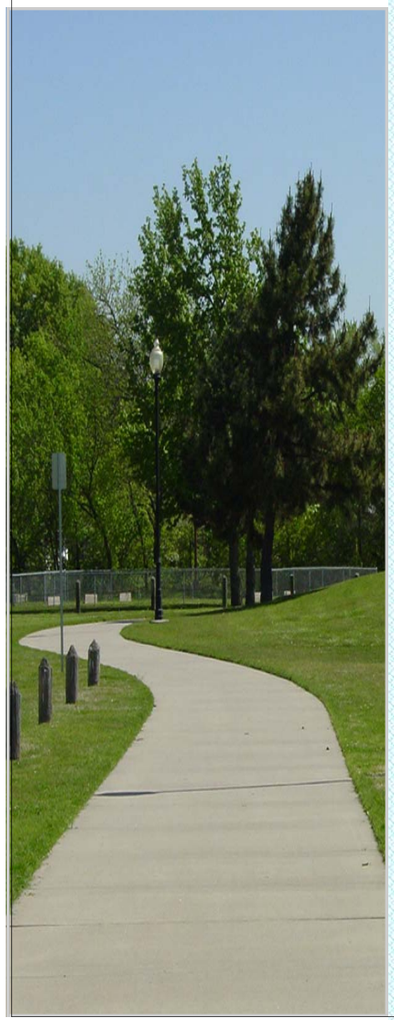
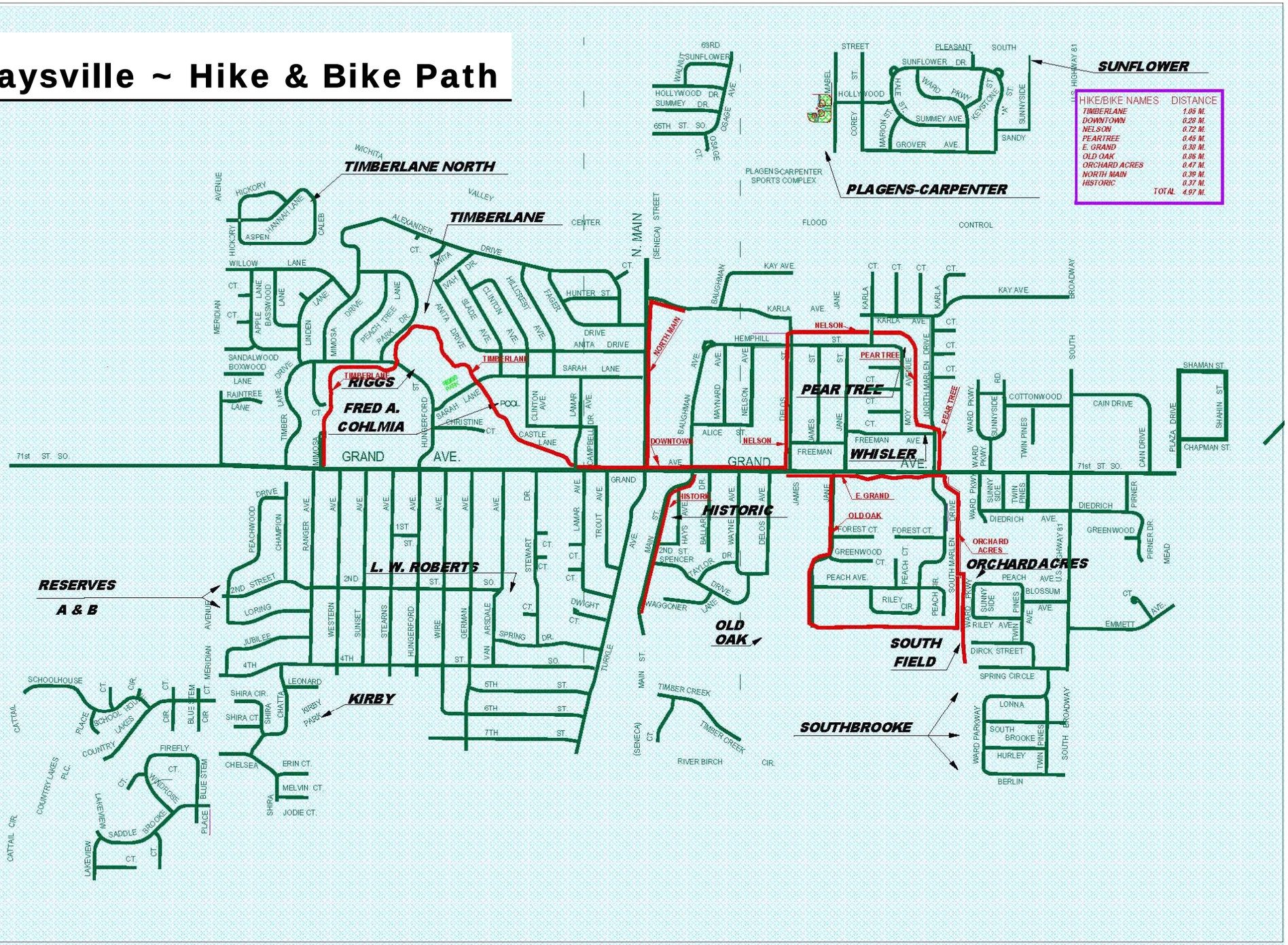
If you see a car, wait until it goes by. Then look left, right and left again until no cars are coming.

If a car is parked where you are crossing, make sure there is no driver in the car. Then go to the edge of the car and look left, right, and left again until no cars are coming.

Keep looking for cars while you are crossing, and remember, walk. Don't run.

Remember to take and drink plenty of water before, during, and after exercise, particularly on hot days or when you feel dehydrated.

Try to avoid exercise during extreme heat, cold, and high humidity.

Listen to your body. If you feel tired or ill, your body is telling you that it needs a rest.

City of Haysville ~ Hike & Bike Path