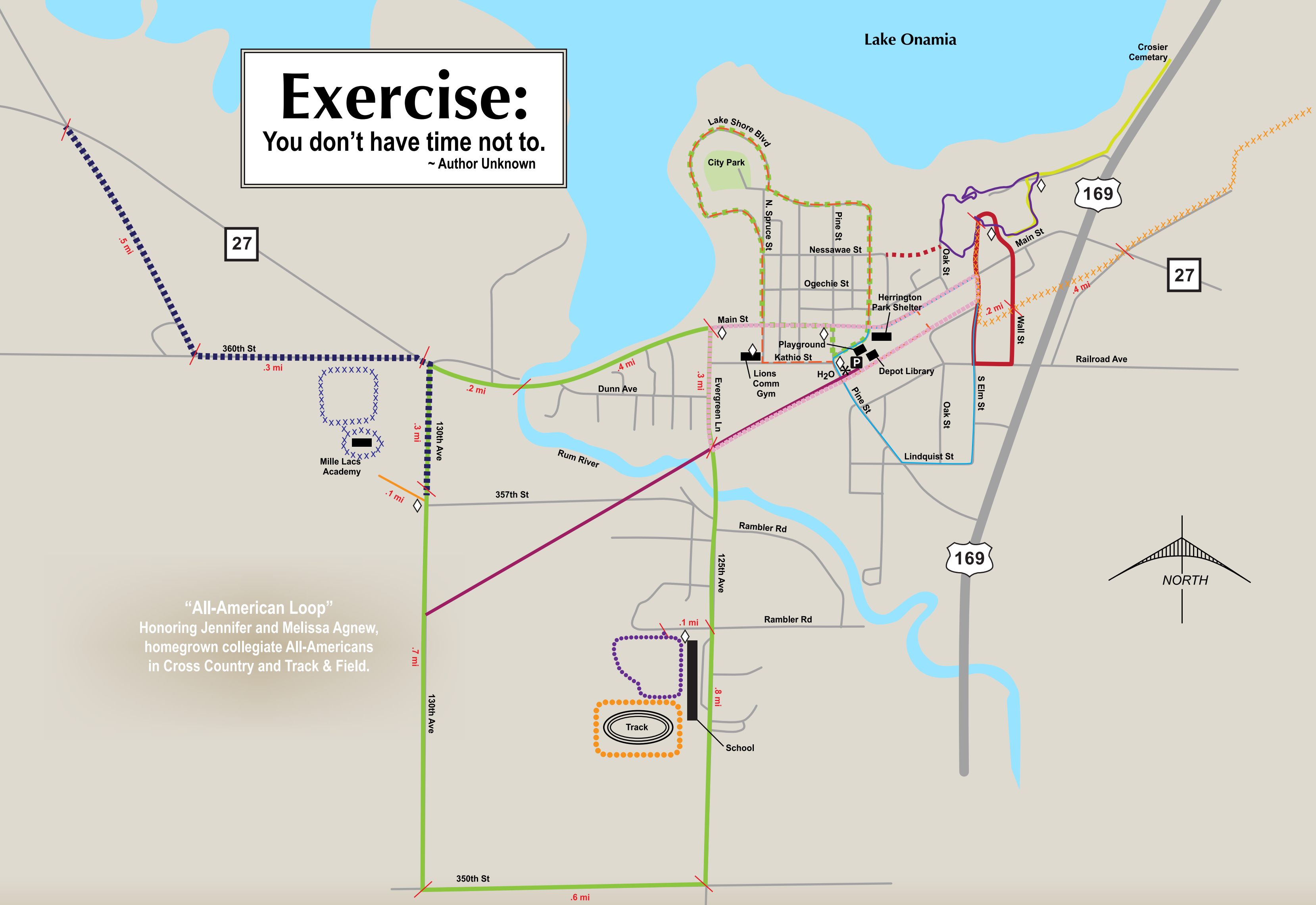


Onamia Fitness Trails

Exercise:
You don't have time not to.
~ Author Unknown



"All-American Loop"
Honoring Jennifer and Melissa Agnew,
homegrown collegiate All-Americans
in Cross Country and Track & Field.

• Aim for 150 minutes of
Moderate exercise per week
~ American Heart Association

• Even dividing exercise into
10 min segments is beneficial
~ American Heart Association

• Regular activity is a key to
preventing & managing diabetes
~ American Diabetes Association

Legend

	Shakopee Lake Road Spur	2.4 mi		Long Lakeshore Loop	2.0 mi		US Highway
	Academy Loops	.66 mi		Depot Loop	1.0 mi		State Highway
	All-American Loop	3.3 mi		Nessawae Short Cut	.12 mi		Mileage Markers
	Soo Line Trail	1.0 mi		Ten Minute Break	.6 mi		Water Available
	Track Meadows	.42 mi		LakeSong Trail	.8 mi		You Are Here
	School Meadows	.5 mi		Crosier Trail	1.0 mi		Map Locations
	Main Drag Loop	1.2 mi		Soo Line Overpass Trail	Walk as far as time allows		Parking
	Short Lakeshore Loop	1.5 mi					

