West Elementary School
One Mile Route

- Begin at the gazebo at Patriots Park on the corner of W. Gold St. and S. Railroad Ave.
- Continue down W. Gold St.
- Made a right onto S. Watterson St.
- Make a right onto W. Mountain St.
- Make a right onto S. Railroad Ave.
- End at the gazebo at Patriots Park

Armory
Two Mile Route

- Begin at the gazebo at Patriots Park on the corner of W. Gold St. and S. Railroad Ave.
- Continue down W. Gold St.
- Make a right onto Phifer Rd.
- Make a right onto W. Mountain St.
- Continue down W. Mountain St.
- Make a right onto S. Railroad Ave.
- End at the gazebo at Patriots Park

Kings Mountain High School
Three Mile Route

- Begin at the gazebo at Patriots Park on the corner of W. Gold St. and S. Railroad Ave.
- Continue down W. Gold St.
- Make a left onto Phifer Rd.
- Continue down Phifer Rd.
- Turn around at the entrance to Kings Mountain High School (by the school bus parking lot)
- Continue N. on Phifer Rd.
- Make a right onto W. Mountain St.
- Continue down W. Mountain St.
- Make a right onto S. Railroad Ave.
- End at the gazebo at Patriots Park
MOVE MORE: Try to make walking a regular part of your day. You will notice some of the following benefits:

- Burns calories and helps in managing weight
- Controls Blood Pressure
- Decreases risk of Heart Disease
- Lowers the risk of stroke
- Boosts your energy level
- Boosts the level of HDL (good Cholesterol) in the blood
- Strengthens and builds bones
- Helps you sleep more soundly
- Tones your body
- Burns fat and helps shed pounds
- Helps circulation
- Strengthens muscles, bones, and joints
- Improves sleep
- Elevates your overall mood and sense of well-being