

National Employee Health and Fitness Day Employee Poker Walk/Run | May 16, 2018

Join President Michael Lovell in a Walk/Run Around the Marquette Mile!

Date: Wednesday, May 16, 2018

Time*: 11:30-1:30p.m.

Games and Registration: 11:30a.m. – 12:00p.m.

Comments by Dr. Lovell: 12:05p.m.

Walk/Run Begins: 12:10 p.m.

*Note: Participants may start at a time convenient for them between noon and 12:30 p.m. Games will run from 11:30am-1:30pm.

*For questions, please contact Kristin Kipp at kristin.kipp@marquette.edu or 8-5607.

Register online at:

<http://marquette.edu/wellness/employees/poker-walk-signup.php>

Where: Meet in the Central Mall for music and games, and sign in to receive your first playing card. Healthy snacks and hydration station will be provided by Sodexo. Walk/run starts and ends on Wisconsin near the bridge area on the west side of the Raynor Library. Rain Location is the Helfaer Rec Center gym. Games will continue until 1:30pm.

How to Play: Earn 1 card on every corner. Walk an additional lap to earn more playing cards or participate in the 5K run (three+ laps) to earn even more cards. Use your top five cards to see if you can come up with one of the best poker hands to win!

New This Year: We'll have outdoor games and music playing from 11:30am-1:30pm. Plus rally a team of 5 or more people and get entered into a drawing for a team prize!



Win **prizes** for walking/running!
Enjoy **FREE** admission to the Rec Center or
Rec Plex on May 16–18, 2018!

Healthy snacks provided by Sodexo!

