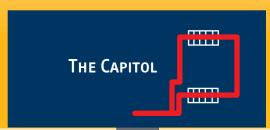
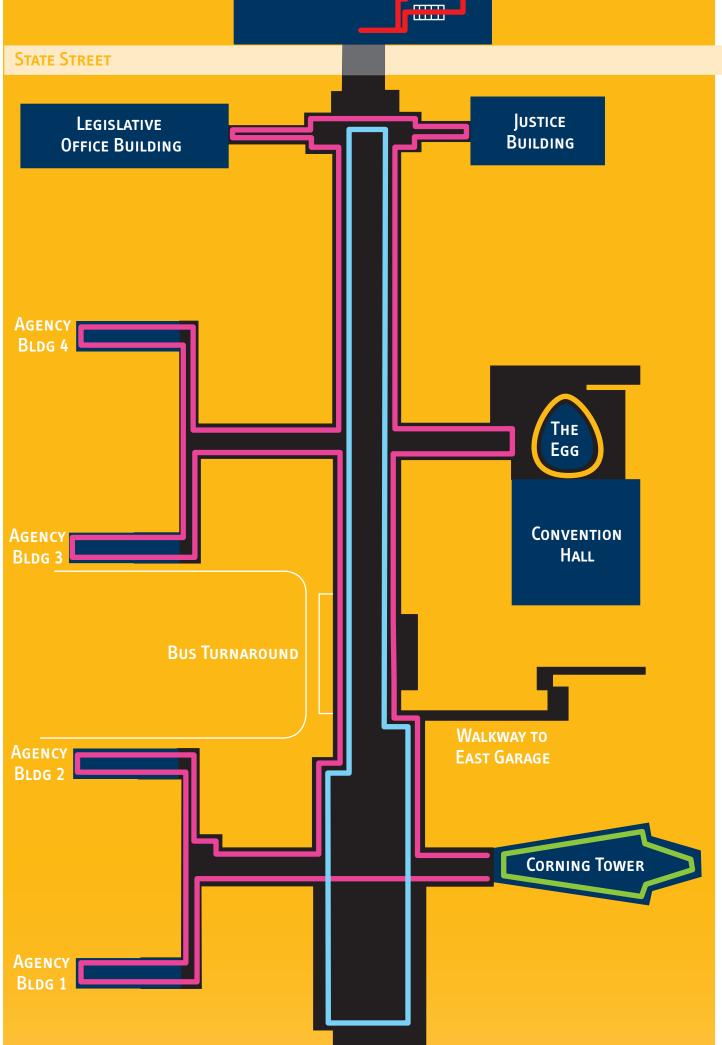
WCI (-A-ROUMC

IN THE EMPIRE STATE PLAZA





1/3 mile (750 steps)

in the Capitol, go up 141 stairs, around the 4th floor to the opposite stairwell, down 141 stairs

1/4 mile (500 steps)

two times around the Egg

1 mile (2,000 steps)

perimeter of entire Concourse and Agency buildings

1/2 mile (1,000 steps)

perimeter of main Concourse corridor

1/3 mile (750 steps)

four times around the perimeter of any floor in the Corning Tower

1/2 mile (1,000 steps)

perimeter of the NYS Museum

NYS Museum

MADISON AVENUE

NYS Dept of Health WellNYS Program