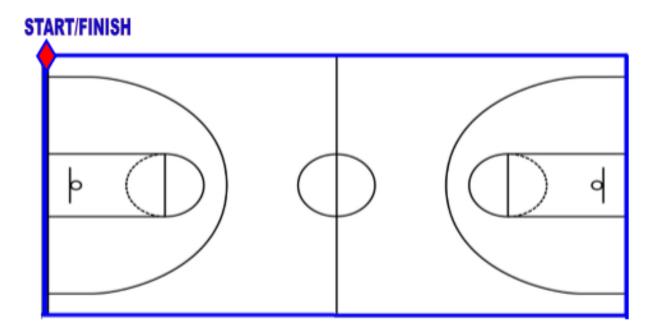


## **Oneida Recreation Center Monday Mile**

- 1. Enter main entrance.
- 2. Ask staff to access the Monday Mile route.

This route is accessible for people of all abilities and includes:

- Accessible parking behind building.
- Indoor protection from adverse weather



**18 laps = 1 mile** 

