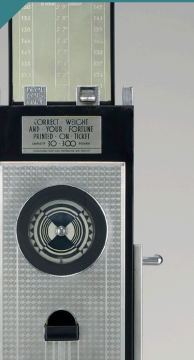



379



This Art Deco scale was inspired by a skyscraper motif. The strong vertical lines show an upward movement, while the chrome details and the words "Step on it" hint at car racing.

STOP 10: GALLERY 379


375



This lively piece is called an "action painting." Why do you think it's called that? Take a look at the brushstrokes. What movements do you imagine the artist made in creating them?

STOP 11: GALLERY 375


371



Look closely at this painting depicting ice skaters. What details did the artist include to convey a sense of motion?

STOP 12: GALLERY 371

323



What's going on in this picture? Based on what you see, do you think they will land the shark? What visual cues tell you that?

STOP 13: GALLERY 323


305



That big hoop in the painting is not a hula hoop! Instead, it likely refers to an ages-old game in which players use a stick to keep the hoop rolling as long as possible.

STOP 14: GALLERY 305


303



St. Paul native Alexis Fournier painted many Minnesota scenes. Based on the visual clues he gives, what do you think this pair is hunting?

STOP 15: GALLERY 303

301



This sculpture depicts a man training a bronco for riding. Which figure appears to have the upper hand?

STOP 16: GALLERY 301



STOP 17: HARRISON PHOTOGRAPHY GALLERY (365)
Your walk ends with "The Sports Show: Minnesota." Enjoy photographs of local sports icons while taking in Minnesota's rich sporting history.

CONGRATULATIONS, you've completed a half-mile walk of approximately 1,000 steps! Repeat as often as you wish to reach your personal goal. Or take another path and create a walking route all your own.

If you borrowed a pedometer from the Information Desk, kindly return it before you cross the finish line.

Exercise your mind and your body at the MIA

HOW MANY STEPS DO YOU TAKE IN A DAY?
Experts say you should walk at least 10,000 steps daily—that's about 5 miles! In addition to improving your physical well-being, walking can also boost your mood. What could be better than walking in the comfortable environment of the MIA while strolling by amazing art?

This self-guided walking tour covers approximately 1/2 mile as you see art from all over the world.

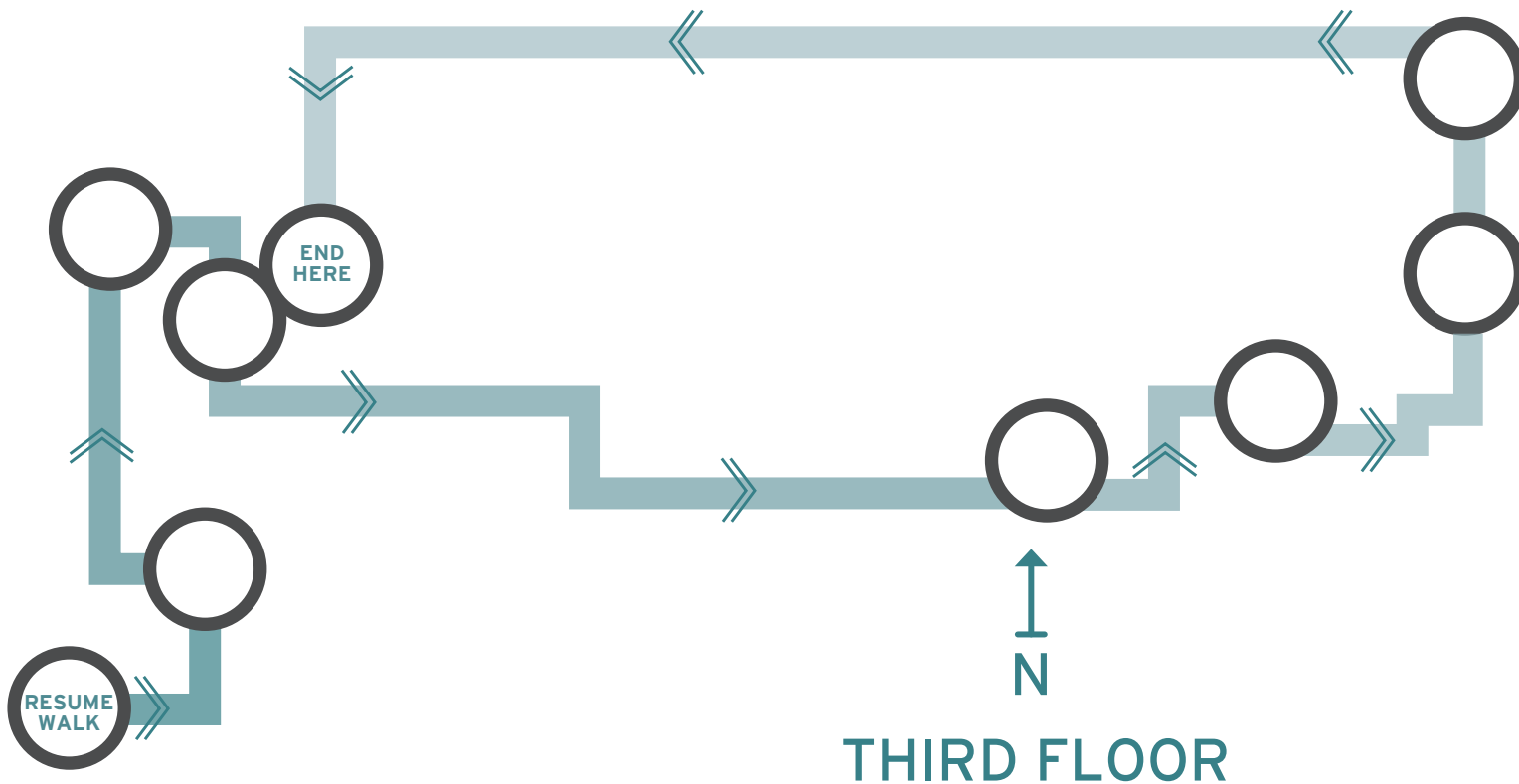
Begin at the second-floor rotunda and follow the path on the map to the galleries listed. Discover how each object on the route involves movement, physical activities, competition, or sport—sometimes in delightfully unexpected ways.

To protect the art, no sprints or hurdles, please. Enjoy an energizing walk, but take care while navigating the galleries. Track your steps, not your speed. Have fun!

How many steps can you take? Track your steps by borrowing a pedometer from the Information Desk, or by downloading one of these free apps:


- For your Apple device, try: Pedometer FREE from Arawella Corp.
- For Android: Cardio Trainer

READY, SET, GO!



Generous support provided by: **MEDICA**


230



The Romans valued strong minds and bodies, idealizing them in art. What are qualities of an ideal athlete today? How are they similar to or different from Doryphoros?

STOP 1: GALLERY 230


200



Look up to find the art that moves! What words would you use to describe the way this sculpture moves?

STOP 2: GALLERY 200


215



Look closely to find as many archers as you can. Strike the archers' poses. What muscles are you using?

STOP 3: GALLERY 215


215



Find the two tiny dancing figures in this gallery. Describe their movements. What kind of playlist do you think they are dancing to?

STOP 4: GALLERY 215

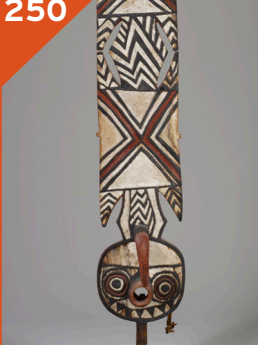
242



Look at the sculpture that appears to be dancing. What visual cues tell you he is dancing, even without arms and legs?

STOP 5: GALLERY 242


250



Look around the gallery for a video of African masks being performed. What do you notice about the masks and how they are worn and used? How do the dancers move their bodies?

STOP 6: GALLERY 250


253



Go is a complex strategy game in which two players attempt to take over the board with his or her stones. Who is winning? What do you see that makes you say that?

STOP 7: GALLERY 253


260



The ancient Mesoamerican ball game was the first team sport. All contemporary team ball sports descended from it. How can you tell this sculpture is of a player?

STOP 8: GALLERY 260

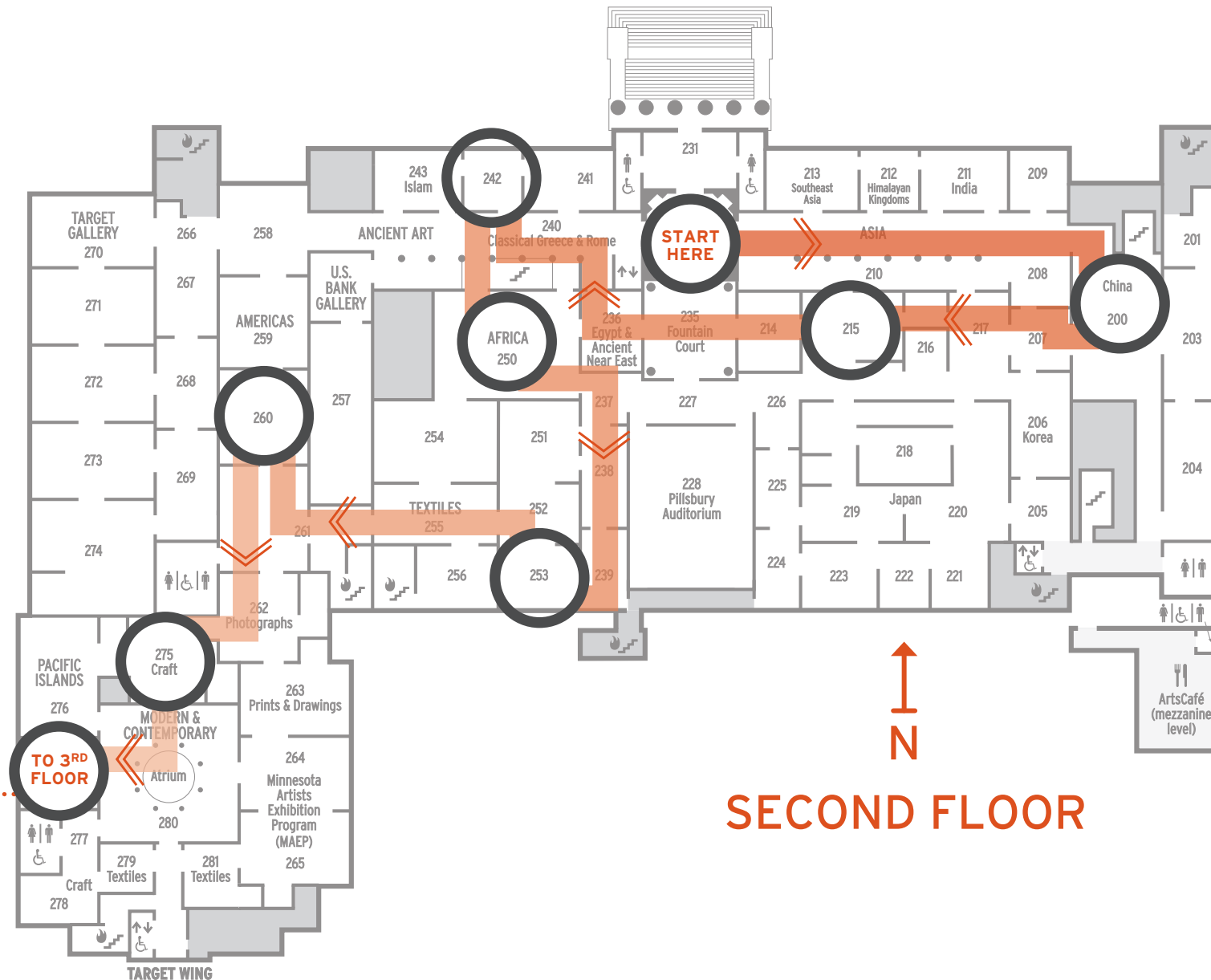
275



Look closely at the baseball bats. What words would you use to describe these bats? Why do you think the artist named the object the way he did?

STOP 9: GALLERY 275

As you head upstairs to continue your walk, you can either choose to take the stairs for more heart-pumping cardio, or take the elevator for an easy ride.



- CAPTIONS**
- Gallery 230: Roman, after a Greek original, *Doryphoros (Spear Bearer)* (detail), 1st century BCE, marble
 - Gallery 200: Alexander Calder, *Ahab* (detail), painted metal, 1953
 - Gallery 215: China, Tomb tile, Eastern Han dynasty, 1st–2nd century, ceramic, earthenware with impressed décor
 - Gallery 215: China, Dancing figure (detail), Han dynasty, 3rd century BCE–CE, ceramic, earthenware
 - Gallery 242: Greco-Roman, *Torso of a Dancing Faun* (detail), 1st century, marble
 - Gallery 250: Burkina Faso (West Africa), Bwa, Plank Mask (detail), c. 1960, wood, pigment
 - Gallery 253: Tanikado Hisaharu, *The Game of Go* (detail), c. 1924, ink on silk
 - Gallery 260: Mexico, Nayarit, *Figure*, 2nd century BCE–5th century CE, ceramic, pigment
 - Gallery 275: Mark Sfirri, *Rejects from the Bat Factory* (detail), 1993, ash, mahogany
 - Gallery 379: Joseph Claude Sinel, "Model S" scale (detail), c. 1927, metal, chrome, glass, rubber, pigment
 - Gallery 375: Philip Guston, *Bronze* (detail), 1955, oil on canvas
 - Gallery 371: Max Beckmann, *The Skaters* (detail), 1932, oil on canvas
 - Gallery 323: Junius Brutus Stearns, *A Fishing Party off Long Island* (detail), 1860, oil on canvas
 - Gallery 305: Francois-Joseph Navez, *Portrait of the Gaspard Moeremans Family* (detail), 1831 and 1833, oil on panel
 - Gallery 303: Alexis Jean Fournier, *September* (detail), 1889, oil on canvas
 - Gallery 301: Frederic Remington, *Bronco Buster*, 19th century, bronze

FLIP TO CONTINUE>