

College of EHS Inside Walking Routes

Rotunda

2 miles = 22 laps

1.5 miles = 16.5 laps

1 mile = 11 laps

0.5 mile = 5.5 laps

*We also did Rotunda and the second floor of Wagner (second floor is on the same level as rotunda)

2 miles = 11 laps around Rotunda/Wagner

1.5 miles = 8 laps around both plus half a lap around rotunda

1 mile = 5 laps around both plus an extra lap around Wagner

0.5 mile = 3 laps around both Rotunda and Wagner

Pugsley

2 miles=54 “down and backs”

1.5 miles=40.5 “down and backs”

1 mile=27 “down and backs”

0.5 mile=13.5 “down and backs”

Start by the ECE door, walk North until you have to turn left and walk toward the vending machines. Once you've reached the vending machines, turn around to your starting position

Intramural Building

2 miles=24 laps

1.5 miles=18 laps

1.0 mile=12 laps

0.5 mile=6 laps

Walk along the black line, outlining the outside of the gym court. Along the east side, follow the curtain line.

Wenona

0.5 mile = 11.5 "down and backs"

1 mile = 23 "down and backs"

1.5 miles = 34.5 "down and backs"

2.0 miles = 46 "down and backs"

Start at one end of the hallway on the main level. Walk all the way down the hallway, then back to your starting position.

Wecota

2 miles = 91 "down and backs"

1.5 miles = 68 "down and backs"

1.0 mile = 45.5 "down and backs"

0.5 mile = 22.5 "down and backs"

On the first floor, start at the black line before the water fountain and walk down in a straight path to the brown door directly ahead.