



**One Mile: 1 Lap**  
**1/2 Mile: 0.5 Laps**

**Stairs = 144** (not counting Jordan Hall east-west hallway stairs)

*\*1 Lap: Begin at the President's Office, walk all three levels of Jordan Hall (including stairs **S**), continue through Gallahue and Holcomb and turn around at the end of the Pharmacy building. Repeat on the way back.*