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

Stairs = 120 (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. Return to Gallahue and walk two laps on the third floor. Continue on to Jordan Hall and end at JH270.