

***Watch Out for Traffic***



**3rd Floor Hallway End to End 14 Roundtrips = 1 Mile**

**3 Figure 8 laps in front + 1 Small lap 1 Mile**

**To Mashburn + back to COB**

**+ 1 figure 8 lap 1 Mile**

**To Mashburn + 2 inside laps + to Farris**

**+ 2 inside laps + back to Mashburn + back to COB 2 Miles**

FARRIS CENTER HAS AN ALTERNATE STAIR ROUTE THAT WILL ADD AN ADDITIONAL 40 STEPS TO YOUR ROUTE PER LAP





**Tracks to Success**

**College of Business**

***IS ON THE MOVE***