

***Watch Out for Traffic***



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

**Inside Ground Floor (466 ft) 11.3 laps = 1 Mile**

**To COB + 1 figure 8 lap in front**

**+ Back to Mashburn 1 Mile**

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

**+ 1 Lap inside Mashburn 1 Mile**

**To COB + 1 figure 8 lap in front + back to Mashburn**

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





**Tracks to Success**

**MASHBURN**

***IS ON THE MOVE***