

# Distance Walking for Exercise at Mayflower Community



Elevators



Walking Routes

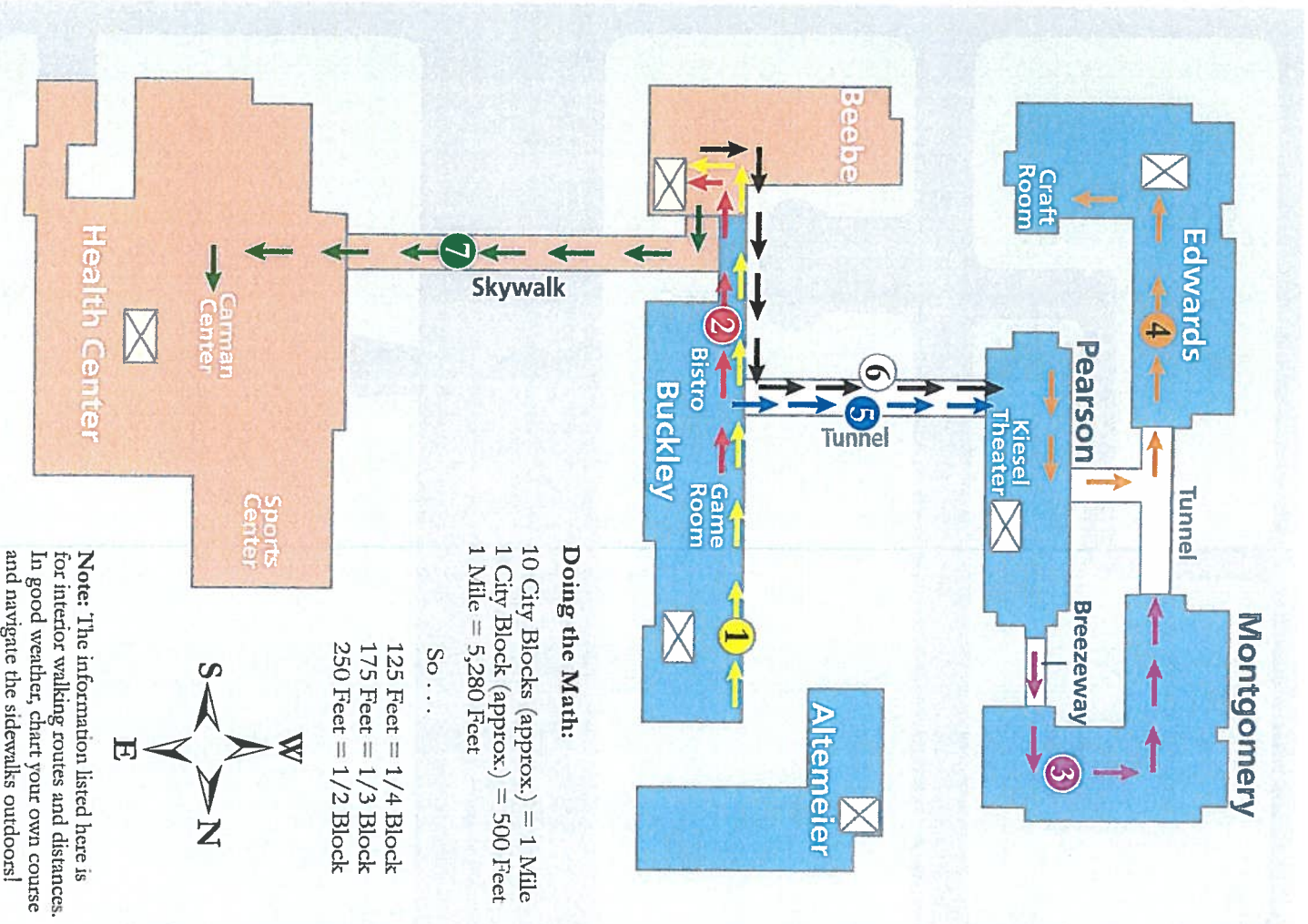
## Measured Distances on the Mayflower Campus:

- Hallways:**  
 Buckley = 190 Feet  
 Pearson = 135 Feet
- Laps:**  
 Sports Center 25 Laps = 1 Mile  
 Carman Center Perimeter 40.6 Laps = 1 Mile

### Routes:

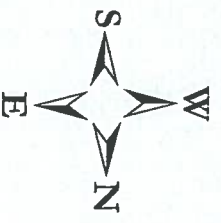
- 1** North End of Buckley 1 to Beebe Elevator = 240 Feet
- 2** Game Room to Beebe Elevator = 195 Feet
- 3** Pearson Brezeway to South Entrance of Montgomery = 215 Feet
- 4** Pearson Lower Level Through Tunnels to Craft Room = 245 Feet
- 5** Bistro 'Through Tunnel to Kiesel Theater = 175 Feet
- 6** Lower Level Beebe Elevator to Kiesel Theater = 215 Feet
- 7** Beebe 2 Elevator 'Through Skywalk to Carman Center = 190 Feet

Combine routes or walk the same route to work your way up to walking one mile or more!



### Doing the Math:

- 10 City Blocks (approx.) = 1 Mile
- 1 City Block (approx.) = 500 Feet
- 1 Mile = 5,280 Feet
- So...
- 125 Feet = 1/4 Block
- 175 Feet = 1/3 Block
- 250 Feet = 1/2 Block



Note: The information listed here is for interior walking routes and distances. In good weather, chart your own course and navigate the sidewalks outdoors!