**Route Information**

- 1.3 miles
- 290 stairs
- Elevation: 128 ft
- High intensity
- 12 blue lights

**Average Running**

Time: 10-15 mins

**Average Walking**

Time: 20-25 mins

Walk, Jog, Run – KNES 1208-002

Created by: Sarah Burford, Hunter Williams, Chase Smith, Heather Rodell

*Short, but high intensity run for cardio respiratory endurance!*