

RU Faculty/Staff Fitness - Campus Walking Routes

Route	Time* (min.)	Distance* (mile)	Number of Steps*
Peters Repeater	4:00-5:00	.25	500
Moffett Quad	8:00-10:00	.50	1000
Bonnie-Muse Loop	12:00-15:00	.75	1500
Big Kahuna	28:00-30:00	1.75	3300

*Time, Distance, and Number of Steps are estimates based on a stride length of 2.75 feet and a pace of just over 16:00 min per mile.

LEGEND

- █ PETERS REPEATER
- █ MOFFETT QUAD
- █ BONNIE-MUSE LOOP
- █ BIG KAHUNA

**RADFORD UNIVERSITY
CAMPUS MAP**

