

IPFW Indoor Walking Distances

Add fitness into your day without having to leave your building!

All main buildings on IPFW's campus have been measured. Information below provides the distance of one floor, assuming all floors in each building are similar. If there were notable distance differences per floor, more than one floor was measured.

Use the stairs to walk more than one level or walk floors of several buildings to further increasing your fitness activity!

If you would like your building measured or would like a specific area of your building measured, please contact your IPFW Wellness team, at 481-6647 or 481-6746 or email tillapau@ipfw.edu or rohertyj@ipfw.edu.

Kettler Hall (KT)

1st, 2nd Floors	.25 miles per floor	4 laps for a mile
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Walk all corridors of KT without going into any offices.

Engineering, Technology and Computer Science Building (ET)

1st Floor (including lobby)	.09 miles	10.7 laps per mile
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2nd, 3rd Floors	.07 miles per floor	13.3 laps per mile
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Walk a lap around the inside of the building including the perimeter of the lobby.

Neff Hall (NF)

1st Floor (including lobby)	.09 miles	10.7 laps per mile
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2nd, 3rd Floor	.07 miles per floor	13.3 laps per mile
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Walk a lap around the inside of the building including the perimeter of the lobby.

Science Building (SB)

2nd Floor	.09 miles	10.7 laps per mile
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3rd, 4th Floors	.11 miles per floor	9.4 laps per mile
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1st floor does not readily permit a walking loop, therefore measurement begins on the 2nd floor. Walk a loop around the inside hallways.

Classroom Medical (CM)

1st floor (without lobby), 2nd Floor	.08 miles per floor	11.9 laps per mile
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Basement	.06 miles	16 laps per mile
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Walk a lap around the inside of the building not including the lobby area. Basement is a lesser distance than other floors.

Helmke Library (LB)

1st floor	.09 miles	10.7 laps per mile
2nd, 3rd, 4th Floors	.12 miles per floor	9.1 laps per mile

Walking the perimeter of the first floor, around book cases always hugging the outside of the room. First floor distance does not include computer lab area. Measurements do include distance around elevator shafts.

Walb Student Union (WU)

1st, 2nd Floor	.1 miles per floor	10 laps per mile
1st floor with ballroom	.16 miles	6.2 laps per mile

Walking the perimeter of the lobby and main hallways. Ballroom measurement is around the perimeter. Please do not include walking in the ballroom if an event is being held or set-up is being done in the space.

Rhinehart Music Center (MC)

Hallway length	.07 miles	13.3 lengths per mile
1st floor (2 main halls)	.17 miles	5.8 laps per mile
1st floor with lobby	.23 miles	4.3 laps per mile

Walking the perimeter of the entire first floor includes the lobby space. Turning toward the center hallway before the lobby is the measurement for the two main hallways.

Visual Arts Building (VA)

Hallway (down and back)	.09 miles	10.7 laps per mile
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Walking down to the end of the hallway and back.

Williams Theatre (WT)

Horseshoe (exit sign to exit sign)	.04 miles	22.9 laps per mile
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Walking from exit sign to exit sign, not including "back stage" areas.

Distance from the side exit of Williams Theatre to the main entrance of the Visual Arts building is .06 miles (100 meters).

Create a route!

Walk several floors or combine floors/distances in different buildings!