

Healthy U at the University of Oregon



0.5 Miles
1000 Steps



Promoting a Healthy U

Step Up! Walking Program

Walking Routes

- 1

McKenzie Hall
18th & Agate

0.8 miles
~1610 steps

From the south entrance of McKenzie Hall, walk east on campus sidewalks towards Deady Hall. Veer south, crossing 13th Avenue and continuing on sidewalks to 15th Avenue. Follow 15th Avenue east to Agate Street, turn right past Hayward Field and finish at 18th Avenue.

5

EMU Loop

0.6 miles
~1200 steps

From the west side of EMU turn right on UniverFrom the EMU at 13th and University, walk west on 13th Avenue. Turn left before Condon Hall into Memorial Quadrangle. Turn left at Knight Library and left again at University Street to return to the EMU.

9

Campus Loop

1.99 miles
~3975 steps

From the corner of 18th Avenue and Agate Street, head west on 18th. Turn right on Alder Street and continue to 11th Avenue. Turn right and follow sidewalks along Franklin Boulevard to Agate Street. Turn right and head south back to 18th Avenue.
- 2

Bookstore to Oregon Hall

0.42 miles
~845 steps

From the University of Oregon Bookstore at 13th Avenue and Kincaid Street, walk east along 13th Avenue past the EMU to Oregon Hall.

6

College of Education to Oregon Hall

0.62 miles
~1235 steps

From the east side of the Education Building, walk east along the sidewalk past Knight Library and Pioneer Cemetery. Cross between EMU and Straub Hall and continue on campus sidewalks to Oregon Hall.

10

Oregon Hall to Schnitzer Museum of Art

1.44 miles
~2870 steps

From Oregon Hall at 13th and Agate, head south on Agate Street. Turn right on 15th Avenue to University Street. Turn right and walk through the EMU and meander on sidewalks north of 13th (see map). Eventually, cross 13th into the Memorial Quad and finish at the Schnitzer Museum of Art.
- 3

Oregon Hall Loop

1.24 miles
~2490 steps

From Oregon Hall walk west on 13th Avenue to the EMU. Turn left on University Street and continue to 18th Avenue. From 18th Avenue, turn left on Agate Street and continue north to Oregon Hall.

7

Pioneer Cemetery Perimeter

0.66 miles
~1325 steps

From the south entrance to campus at 18th and University, head west on 18th Avenue to Beall Concert Hall. Turn right and follow sidewalks north in a clockwise fashion around the cemetery. Turn right at University Avenue and head south to return to the start.

11

Oregon Hall to Autzen Stadium

0.93 miles
~1850 steps

From Oregon Hall head north on Agate Street, crossing Franklin Boulevard. At the Millrace, turn left on sidewalks past the Urban Farm. Turn right and continue north on sidewalks across the footbridge to Autzen Stadium.

4 Hamilton Loop around Bean Complex 0.58 miles ~1170 steps From Hamilton Complex at 13th and Agate, walk south on Agate Street. Turn left on 15th Avenue and left again on Moss Street. Follow sidewalks north and west around Bean Complex and Hamilton, turning left on 13th Avenue and returning to the start.	8 Children's Center (CCDC) to Oregon Hall 0.5 miles ~1000 steps From the west side of Moss Street Children's Center at 17th and Moss, head north on Moss Street. Turn left on 15th Avenue and right on Agate Street. Continue north to Oregon Hall at 13th and Agate.
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Steps to Miles Conversion Chart

Approximate - based on Shape Up America

Steps	Minutes	Miles
500	5	.25
1,000	10	.5
2,000	20	1
3,000	30 (5 hr)	1.5
4,000	40	2
5,000	50	2.5
6,000	60 (1 hr)	3
8,000	80	4
10,000	100 (1 hr, 40 m)	5