



Walk a Mile in Your Own Shoes

Participant Handout

Take a look at your pedometer and add up the steps you take in a week, you may be surprised about how far you've really traveled. One mile is 1760 steps!

The number of steps you take can add up to miles and miles. Compare the number of steps you take in a week, and see how far you have walked from Columbia. Or combine your steps with someone to walk across the country.

Destination	# of Steps	Destination	# of Steps
Dentsville	15,840	Winston-Salem, NC	303,600
Lexington	25,520	Macon, GA	345,840
Pontiac	26,400	Atlanta, GA	376,640
Blythewood	30,800	Chapel Hill, NC	410,960
Chapin	39,600	Knoxville, TN	461,120
Swansea	38,720	Jacksonville, FL	515,680
Newberry	70,400	Chattanooga, TN	589,600
Saint Matthews	70,400	Birmingham, AL	635,360
Sumter	74,800	Richmond, VA	651,200
Orangeburg	82,720	Lexington, KY	756,800
Aiken	100,320	Orlando, FL	761,200
Lancaster	107,360	Nashville, TN	777,040
Manning	114,400	Washington DC	848,320
Rock Hill	119,680	Tampa, FL	911,680
Union	124,960	Baltimore, MD	931,920
Greenwood	131,120	Mobile, AL	945,120
Augusta, GA	137,280	Jackson, MS	1,049,840
Florence	139,040	Cleveland, OH	1,066,560
Charlotte, NC	162,800	Philadelphia, PA	1,105,280
Spartanburg	162,800	Miami, FL	1,133,440
Greenville	180,400	Memphis, TN	1,136,080
Gaffney	202,400	New Orleans, LA	1,234,640
Easley	202,400	New York City	1,264,560
Charleston	205,920	Saint Louis, MO	1,313,840
Anderson	224,400	Chicago, IL	1,412,400
Clemson	242,000	Key West, FL	1,415,040
Georgetown	245,520	Boston, MA	1,641,200
Myrtle Beach	257,840	Houston, TX	1,803,120
Asheville, NC	275,440	Denver, CO	2,809,840
Savannah, GA	285,120	Los Angeles, CA	4,314,640
Hilton Head Island	290,400	Seattle, WA	5,089,040