



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 Greenville. Or combine your steps with someone to walk across the country.

Destination	# of Steps	Destination	# of Steps
Contesse	14,256	Sumter	255,200
Mauldin	14,432	Atlanta, GA	255,200
Travelers Rest	16,368	Chesterfield	265,760
Easley	21,296	Knoxville, TN	281,600
Greer	22,352	Allendale	281,600
Piedmont	24,288	Florence	320,320
Simpsonville	25,520	Charleston	369,600
Fountain Inn	34,496	Chattanooga, TN	410,080
Pickens	35,200	Savannah, GA	411,840
Lyman	38,720	Myrtle Beach	425,920
Duncan	38,720	Birmingham, AL	455,840
Willford	43,296	Hilton Head Island	457,600
Woodruff	44,000	Lexington, KY	577,280
Anderson	52,800	Nashville, TN	598,400
Laurens	61,600	Jacksonville, FL	695,200
Clemson	68,464	Mobile, AL	765,600
Cowpens	71,632	Jackson, MS	871,200
Gaffney	89,760	Memphis, TN	957,440
Greenwood	93,280	New Orleans, LA	1056,000
Union	102,080	Tampa, FL	1091,200
Asheville, NC	110,528	St. Louis, MO	1135,200
Spartanburg	112,640	Chicago, IL	1232,000
Newberry	114,400	Philadelphia, PA	1284,800
Saluda	133,760	Miami, FL	1312,960
Chester	139,040	New York City, NY	1443,200
Edgefield	151,360	Kansas City, MO	1571,680
Charlotte, NC	161,920	Key West, FL	1594,560
Winnsboro	176,000	Houston, TX	1622,720
Columbia	179,520	Boston, MA	1819,840
Augusta, GA	197,120	Denver, CO	2631,200
Camden	234,080	Los Angeles, CA	4136,000
Orangeburg	249,920	Seattle, WA	4910,400